

### **Brief Self-screening Questionnaire**

When thinking about drug use, include illegal drugs and the use of prescription drugs, other than prescribed.

- Have you ever felt that you ought to cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?

**Answered “yes” to any of these questions?** Consider making an appointment for an assessment at Counseling Services.