

## **QUESTIONS FOR WOMEN ABOUT ADDICTIVE BEHAVIOR**

### **CHEMICAL DEPENDENCY**

- Do you lose time from work due to drinking/drugging?
- Have you ever felt remorse after drinking/drugging?
- Has your efficiency decreased since drinking/drugging?
- Do you drink/drug to escape from worries and trouble?
- Do you drink/drug to build up your self-confidence?

### **CO-DEPENDENCY**

- Do you have mood swings from elation to depression which seem unfounded?
- Have you felt frustrated, empty, drained physically and emotionally?
- Have you taken over roles the user used to have in your family?
- Have you had less regard for your personal experience and appearance?
- Have you consciously avoided drinking/drugging occasions?
- Have you felt unwilling to communicate with other people about the using?

### **RELATIONSHIPS / SEX**

- Are you afraid to make commitments to people or to things?
- Do you look to other people for approval?
- Do your relationships stifle you and allow little individual growth?
- Do you fear abandonment upon routine separation?
- Do you desire yet fear closeness?
- Do you attempt to take care of others' feelings and feel uncomfortable when others are hurting?
- Do you ever feel bad about your sexual behavior?

### **EATING**

- Do you use food as a reward?
- Do you sneak your food?
- Do you use food to hide your feelings?
- Do you ever feel guilt after eating?
- Do you engage in any abnormal eating patterns: binge, purge, fasting, laxatives, constant physical exercise?

### **SMOKING / SHOPPING / GAMBLING / CAREER**

- Have you continued to smoke after being warned by a physician that your health is being affected?
- Have you attempted to quit smoking in the past and been unable to do so?
- Is any form of gambling becoming a priority in your life?
- Do you frequently use shopping/spending to deal with negative feelings?
- Has your expenditure of money caused problems within your family?
- Is your career interfering with other areas of your life?

**IF YOU WOULD LIKE TO TALK WITH SOMEONE ABOUT YOUR ANSWERS TO THESE QUESTIONS, CALL OR COME INTO THE NATIONAL COUNCIL ON ALCOHOLISM & DRUG ABUSE – ST. LOUIS AREA, 8790 MANCHESTER ROAD, ST. LOUIS, MO 63144, AT 314 – 962-3456.**

*Reviewed 1/07*