

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.

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Resource from NCADA's RADAR library. For more information visit our website at www.ncada-stl.org.
For questions on substance use, abuse and related problems, call NCADA's Help Line at (314) 962-3456.