**Substance Use and Dependency Self Screening Tool**

**Introduction**

Welcome to the Substance Use and Dependency Self-Screening Tool—a compassionate, non-judgmental resource designed to help you reflect on your relationship with substances and recognize potential warning signs of dependency. Whether you use substances recreationally or rely on them to cope with stress or emotional pain, this tool invites you to take a candid look at your habits and their impact on your life. By engaging with this assessment, you are taking a proactive step toward self-awareness and empowerment, which can lead to healthier choices and more fulfilling relationships with yourself and others.

Substance use can be a complex issue, interwoven with personal history, social factors, and emotional challenges. This worksheet is built on evidence-based principles and is intended to serve as a guide for self-exploration rather than a diagnostic tool. As you answer the questions, remember that every experience is unique, and recognizing potential issues is a courageous act. The insights you gain from this self-screening may help you identify areas that could benefit from further reflection or professional support.

This tool encourages honesty and self-compassion. It’s not about assigning labels or making you feel judged, but about creating a space where you can thoughtfully examine your behaviors and their consequences. Documenting your responses and reflections can serve as a valuable record over time, offering insights into how your relationship with substances evolves and highlighting moments when intervention might be needed.

Before you begin, please note that if you feel overwhelmed or if your responses indicate that you are in immediate danger, consider seeking support from a trusted friend, counselor, or crisis service. Your well-being is paramount, and this self-screening is one step in a broader journey toward health and recovery.

**Instructions**

Over the past month, reflect on your experiences related to substance use. For each of the following statements, indicate how frequently you have experienced the described behavior or feeling by using the following scale:

* **0** – Not at all
* **1** – Rarely
* **2** – Sometimes
* **3** – Often
* **4** – Almost always

After the section on substance use, there is an opportunity for you to reflect on the coping strategies you might be using, noting how effective they have been in supporting your overall well-being. Use the space provided for additional comments where needed.

**Questions**

1. **I use substances to help me cope with stress or negative emotions.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe the situations that most often lead you to turn to substances. What emotions or stressors are you trying to manage?
2. **I find it difficult to control or limit my substance use.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on whether there are moments when you intended to stop or reduce use, but found it challenging.
3. **I have experienced negative consequences (e.g., health, relationships, work) as a result of my substance use.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider specific instances where substance use has affected your daily life or relationships.
4. **I often feel guilt, shame, or regret after using substances.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Write about the emotional aftermath of substance use. How does it influence your self-esteem or mood?
5. **I have attempted to reduce or stop my substance use but found it very difficult.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Consider any patterns in your attempts to cut back. What obstacles did you face during these attempts?
6. **I rely on substances as a primary means of escaping or numbing painful feelings.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on whether substance use has become a habitual escape. How might alternative coping strategies help in these moments?
7. **I feel that my substance use is out of control or has become a significant part of my daily routine.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Think about the role substances play in your life. How do they interfere with your goals, responsibilities, or relationships?
8. **I experience withdrawal symptoms or strong cravings when I try to cut back on substance use.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Note any physical or emotional symptoms you experience when you stop or reduce use. How do these symptoms impact your daily functioning?

**Scoring Your Assessment**

Add together your scores for each question to obtain your overall substance use impact score. Higher scores may indicate a more concerning pattern of dependency and suggest that your substance use is affecting your life in significant ways. Use your total score as a guide to reflect on your relationship with substances and consider whether additional support might be beneficial.

**Reflection:**  
Review your total score alongside your written reflections. Which behaviors or feelings resonate most strongly with your experience? This self-awareness is a vital step in taking control of your well-being.

**Next Steps and Further Resources**

Your journey toward understanding and managing substance use is multifaceted, and this self-screening tool is one component of a broader spectrum of support available on our website. Based on your reflections here, you may benefit from exploring additional resources that address both the emotional and practical aspects of recovery. For example, consider reviewing:

* **Understanding Addiction Worksheet:** Gain insight into the dynamics of substance use and its impact on your life.
* **The Stages of Recovery:** Explore the recovery process and identify where you might be on your personal journey.
* **Healthy Coping Mechanisms:** Learn strategies to manage stress and negative emotions without relying on substances.
* **Building Emotional Resilience:** Strengthen your inner resources to handle challenges more effectively.
* **Relapse Prevention:** Discover actionable steps to maintain progress and prevent setbacks in your recovery.

In addition to these specific tools, our website offers a wealth of further readings, guided practices, educational videos, and support resources spanning mental, emotional, and spiritual health. Whether you are looking to develop healthier coping strategies, gain deeper insights into addiction, or build a stronger support network, you will find comprehensive assistance across our resource pages.

Remember, this self-screening tool is intended to spark self-awareness and empower you to make informed choices about your health. Every step you take toward understanding your patterns is a step toward lasting change and a more balanced, fulfilling life.

**Disclaimer:**  
This tool is intended for self-assessment and informational purposes only. It is not a substitute for professional evaluation, diagnosis, or treatment. If you are experiencing significant distress or require immediate assistance, please contact a mental health professional or crisis service immediately.

Take your time with this assessment, and approach your reflections with kindness and openness. Your journey toward a healthier relationship with yourself is important, and you deserve the support and care necessary to thrive.