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QUESTIONS ABOUT PRESCRIPTION DRUG USE

The following questions refer to mood-altering drugs (uppers and downers), sedatives (sleeping pills), and tranquilizers (for nerves and anxiety), stimulants (diet pills) and any other medications that relax or stimulate you:

- Have you been taking sleeping pills every day for more than three months?
- Do you visit several doctors/clinics to get the same prescription?
- Do you sometimes feel the need to take pills in order to make life more bearable?
- Have you tried to stop taking pills and felt very vulnerable or frightened?
- Have you tried to stop taking pills and felt your body start to tremble and shake?
- Do you continue to take pills even though the medical reason for taking them is no longer present?
- Do you think your pills are more important than family and friends?
- Are you mixing pills with wine, wine coolers, beer or liquor?
- When your doctor gives you a prescription, do you avoid telling him or her what other medications you are taking?
- Do you take prescriptions from your doctor without knowing what they are for?
- Are you taking one kind of pill to combat the effects of another pill?
- Do you take pills to get high and to have fun?
- Do you take pills that have been prescribed for family members and friends?
- When you visit the doctor, do you feel happy if he or she writes you a prescription for pills that change your mood?
- Do you find it difficult to go to work or to fulfill work obligations when you are taking pills?
- Do you take more than the recommended amount of a prescribed drug?
- Do you take pills to combat loneliness?
- Do you take pills to cope with the feeling that you cannot possibly do everything that is expected of you?
- Are you taking more pills to achieve the same effect you used to experience with a smaller dose?
- Do you take pills before you anticipate an emotional or physical discomfort?
- Do you take pills when you are upset?
- Do you ever promise yourself that you are going to stop taking pills, and then break that promise?
- Are you taking different types of pills to lose weight, relax or sleep?

*If you answered **yes** or **sometimes** to three or more of these questions, you may be developing a problem with pills. Talk with a professional in the alcohol and drug field or consult with a doctor who specializes in treating drug problems. For help, contact NCADA at (314) 962-3456.*

Reviewed 1/07

Source: NCADD. Questions About Prescription Drug Use