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Break FREE of Addictive Struggles
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Use or Abuse? From You're Tearing Us Apart Dr. Pat Love, Eva Berlander & Kathleen McFadden

- Have you experienced an irresistible urge to use against your conscious wishes
- Do you anticipate and dwell on the use beforehand?
- Have you made promises or plans to cut back or quit but eventually went back to old patterns?
- Do you have the sense that you are not in complete control of the use?
- Are you spending increasing time in an altered state?
- When you are not using, are you thinking about using?
- Have you lied to yourself or others about your use?
- Are you in denial about the money you are spending?
- Have you missed commitments or declined invitations because of your use?
- Are you using more now than you did in the beginning?
- Do you feel guilt, shame, or embarrassment about your use?
- Are the people who love you concerned about your use?

If you answer yes to 3 or more of these questions then you may need to seek help from an expert.

**God grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.**