

Am I addicted to crystal meth?

Ask yourself these questions as honestly as you can, then decide.

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| 1. Do you lose time from school or work due to using crystal? | Yes | No |
| 2. Is using crystal making your home life unhappy? | Yes | No |
| 3. Do you use crystal because you are shy with other people? | Yes | No |
| 4. Is using crystal affecting your reputation? | Yes | No |
| 5. Do you use crystal to have sex? | Yes | No |
| 6. Do you need crystal to have the kind of sex you want? | Yes | No |
| 7. Have you ever felt remorse after using crystal meth? | Yes | No |
| 8. Have you ever gotten into financial difficulties as a result of using crystal? | Yes | No |
| 9. When you're using crystal, do you hang around people or places with whom you wouldn't normally be associated? | Yes | No |
| 10. Does using crystal make you careless of your family's welfare? | Yes | No |
| 11. Has your ambition decreased since you began using crystal? | Yes | No |
| 12. Do you feel a regular urge to use crystal meth at certain times of the day? | Yes | No |
| 13. Do you ever use crystal when you wake up in the morning? | Yes | No |
| 14. Has your efficiency decreased since you began using crystal? | Yes | No |
| 15. Is using crystal jeopardizing your job, school or business? | Yes | No |
| 16. Do you ever use crystal to escape from worries or problems? | Yes | No |
| 17. Do you ever use crystal when alone? | Yes | No |
| 18. Has your physician or dentist ever treated you for your crystal use, or for any problems related to your crystal use? | Yes | No |
| 19. Do you use crystal in order to boost your self-confidence? | Yes | No |
| 20. Have you ever been to a hospital or institution because of your crystal use? | Yes | No |

If you answered YES to any of these questions, you may be an addict. How many questions did you say YES to? Be honest with yourself.