

DO I HAVE CO-OCCURRING DISORDERS?

Read each statement below and check the box of any signs that apply to you. Note that this self-assessment is not a diagnosis; call our treatment center for treatment information.

- I use substances to "numb" racing thoughts or quiet my mind.
- My anxiety or depression worsens when I am sober.
- I feel unable to maintain a life routine without using.
- I use substances to cope with past trauma or painful memories.
- I feel "on edge" or irritable whenever I am not using.
- I stopped taking mental health medication in favor of substances.
- I need a drink or drug just to feel "normal" during the day.
- Friends say my personality changes drastically when I am high.
- I have intense mood swings that seem unrelated to my use.
- I use alcohol or drugs to handle social anxiety or "fit in".
- I avoid responsibilities to focus on my mood or getting substances.
- I doubt my ability to manage my day without self-medicating.

Scoring Your Self-Assessment:

1 – 4 Checks: Early Warning - You may be using substances to manage your mood. Reflect on your habits and learn healthier ways to handle life stressors.

5 – 8 Checks: Moderate Overlap - Your mental health and substance use are becoming linked. To protect your ability to recover, make professional support a priority.

9 – 12 Checks: High Complexity - Your symptoms likely fuel a cycle that is hard to break alone. You likely need a specialized dual-diagnosis program.



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