

## Am I in Control?

*I don't have a problem.*

*I could quit if I wanted.*

*I just don't want to.*

It is difficult for many individuals to admit that they do not possess the ability to control their use around a certain substance or activity. The majority of people use denial so that they can continue in their addictive ways.

There are a number of questions that an individual can ask themselves to determine whether or not they are, in fact, in control of their use.

- Is the substance or behaviour the first thing on your mind when you wake up?
- Do you feel as though you have to start off your day by using?
- Are you only confident in social settings when you are under the influence?
- Do you use to relax or feel better about yourself?
- Are you using alone?
- Has your motivation decreased?
- Has there been a change in your peer group?
- Is using interfering with school, the workplace or home?
- Do you spend or use more than initially intended?
- Do you feel guilty about your use?

If you answered yes to any of the above questions it may be beneficial to take a closer look at your patterns of use. Remember that help is available, and it is possible to lead a life where you are free from your addiction.

