

Do you think you have a drug or alcohol problem? Answer the questions below to find out.

Have you ever felt you should **cut down** on your drinking or drug use?

Have you ever felt **bad** or **guilty** about your drinking or drug use?

Have you ever had a drink or used drugs first thing in the morning?

If you answered **yes** to **2** or more of these questions, your drinking or drug use may be harmful, indicating you seek a comprehensive assessment. (CAGE-AID: Mayfield, McLeod & Hall, 1974)