

Effects of Living With Addiction Questionnaire

Mental/Emotional State	Behavior	Identification Question
Anger	<ul style="list-style-type: none"> • Getting into screaming matches • Being short tempered • Having aggressive outbursts • Becoming violent • Throwing things • Picking fights 	<ul style="list-style-type: none"> • Do I feel like I am beginning to lose it? • Is my anger turning to rage? • Do I have angry outbursts with people who don't deserve it? • Is my tendency to become violent scaring myself or others? • Am I involved in risk taking behavior, e.g., driving carelessly, getting involved in an affair, or gambling?
Fear/Worry	<ul style="list-style-type: none"> • "Walking on egg shells" • Being on edge • Sensing something bad is going to happen • Blaming yourself for the behavior of others 	<ul style="list-style-type: none"> • Am I having trouble sleeping? • Am I having frequent headaches? • Is my stomach frequently in knots? • Am I starting to over-spend or over-eat? • Do I wake up with my pulse racing and/or a feeling of dread?
Controlling/ Nagging	<ul style="list-style-type: none"> • Making threats • Becoming more and more controlling • Not wanting to let the person out of sight • Frequently complaining about others' behaviors • Feeling that you are always right 	<ul style="list-style-type: none"> • Am I nervous most of the time? • Do I have trouble relaxing? • Am I more critical of others than I used to be? • Am I tired a lot? • Am I feeling lonely? • Do my thoughts shift from preoccupation with the problem to completely wanting to give up?
Avoidance	<ul style="list-style-type: none"> • Becoming more and more isolated from family and friends • Not going out • Feeling more and more uncomfortable in social situations • Not wanting to go to work 	<ul style="list-style-type: none"> • Do I doubt myself? • Am I fearful of what others are thinking of me and my family situation? • Am I spending a lot of time alone? On the internet? • Am I developing anxiety symptoms? • Has someone suggested I may be depressed? • Am I starting to drink more than usual, take sleeping pills or medication for anxiety?
Denial	<ul style="list-style-type: none"> • Not believing that an addiction might be the problem • Lying to others about situations that occurred • Becoming more and more guilty 	<ul style="list-style-type: none"> • Do I find myself covering up the truth when I know it is a lie? • Have I begun to have vague physical symptoms that cannot be medically diagnosed? • Am I often sad and sometimes find that I cry myself to sleep?