Cocaine Anonymous Self-Test

The experience of members of Cocaine Anonymous shows that addiction is not limited to cocaine or any one substance. Many of us used alcohol, drugs, or anything that changed the way we felt. You may find it helpful to ask yourself the following questions:

1. Have you ever used drugs or alcohol more than you intended?
2. Has your using affected your work, studies, or responsibilities?
3. Has your using caused problems in your relationships?
4. Do you feel guilt, shame, anxiety, or depression after using?
5. Once you start, do you find it hard to stop until everything is gone?
6. Have you experienced physical, emotional, or mental health problems because of your using?
7. Have you ever wished you had never started using?
8. Do you think obsessively about getting or using drugs or alcohol?
9. Has your using caused financial difficulties?
10. Do you get excited or euphoric just thinking about using?
11. Do you struggle to sleep or relax without drugs or alcohol?
12. Do thoughts of using distract you from friends, family, or daily life?
13. Have you started using alone more often?
14. While using, do you become paranoid, fearful, or suspicious?
15. Do you need more than you once did to get the same effect?
16. Have you tried to cut down but found you couldn't?
17. Have you tried to stop completely but found you couldn't stay stopped?
18. Have friends or family expressed concern about your using?
19. Have you hidden or lied about how much you use?
20. Have you hidden or lied about how often you use?
21. Have you used in risky or inappropriate places, such as work, your car, or public spaces?
22. Do you fear you won't cope, function, or manage life without drugs or alcohol?
23. Do you spend time with people or in places you normally wouldn't because of drugs or alcohol?
24. Have you stolen money, drugs, or alcohol from others?
25. Has your using cost you more than just money?

If you answered **"yes"** to any of these questions, you may have a problem with addiction - there is hope, and you are not alone.

Cocaine Anonymous offers online meetings where you can connect with others who understand what you're going through- from anywhere, in complete confidentiality.

Whether cocaine, alcohol, pills, cannabis, or other substances were part of your story, you are welcome. Many of us used different substances, but we discovered we shared the same problem: addiction.

The only requirement for membership is a desire to stop using mind-altering substances.

You do not have to do this alone. Join an online meeting and listen to people who have found a new way to live.

Find an online meeting today- recovery can begin wherever you are- support is only one click away **(pop link to meetings page)**

Find the link to the full CA version of the CA self test pamphlet below:

C.A. Self-Test