

ADS

Addiction & Dependency Scale

Respond to each item below using the following scale.

- 1 -- I agree VERY STRONGLY with the statement**
2 -- I agree MODERATELY with the statement
3 -- SOMETIMES / I DON'T KNOW
4 -- I disagree MODERATELY with the statement
5 -- I disagree VERY STRONGLY with the statement

1. I feel good about myself.
2. I am a perfectionist.
3. I am fearful of participating in certain activities.
4. I like things to be predictable.
5. I would enjoy teasing others by leaning over the edge of a high balcony or balancing a valuable object on my hand.
6. I don't recall my parents expressing uncomfortable feelings.
7. When I sense that I might experience failure in some important area, I become anxious or nervous.
8. I am not bothered when someone criticizes me.
9. I try to figure out what people think of me.
10. The kind of person I am is who I've always been and who I'll always be.
11. I can leave past failures or experiences of rejection behind me.
12. I feel uncomfortable at meetings or gatherings that are unstructured.
13. If someone challenges me to do something "risky," I have a strong urge to take the challenge.
14. Correction in my family was critical and uncomfortable.
15. I do not worry.
16. I get disgusted with myself.
17. You can't teach an old dog new tricks.
18. There are certain things about my past which I cannot think about without experiencing strong painful emotions.
19. I like to be in control of interactions with others.
20. I don't have much respect for people that are cautious and don't enjoy excitement or challenge.
21. I think it is silly to leave dessert until last.
22. I am anxious for unexplained reasons.
23. I can find solutions much more quickly than others.
24. I believe in "fate."
25. I seem to make the same mistakes over and over again.
26. Planned activities are more fun than spontaneous activities.

27. I avoid emotional pain at all costs.
28. Positive encouragement in my family was given freely and unconditionally.
29. I feel I have to justify my mistakes to others.
30. I respond best when I know a reward is awaiting my efforts.
31. When faced with a problem, I will think through all the possible solutions and then pick the best one.
32. There are certain aspects of my character that I wish I could to change, but I don't believe I can ever successfully do so.
33. I enjoy doing things on the spur of the moment.
34. I am good at saving money.
35. In my family there did not seem to be enough attention to go around.
36. I become upset when I fail.
37. I end up being the leader in most groups I am involved in.
38. I read the end of a novel first so I know how it turns out.
39. "Life is what you make it."
40. I feel inferior.
41. I wish I had lived in the unsettled and challenging days of history.
42. Others have taken advantage of me in ways that I feel were inappropriate.
43. Things would go more smoothly if I were put in charge.
44. I carry aspirin or other pain killers with me.
45. It is important to behave properly if one is to be accepted.
46. I am critical of myself.
47. When I sense that someone might reject me, I become nervous and anxious.
48. You can share your joys, but you can't share your problems.
49. A family's problem should be kept within the family.
50. There are aspects of my physical appearance that I cannot accept.
51. I have difficulty with the concept of investment -- both of time and money.
52. When I want something I want it now.
53. I have been abused physically, emotionally or sexually.
54. I enjoy meeting those who are different.
55. I have fond memories of the "good old days."
56. I feel certain experiences have basically ruined my life.
57. Even though I am not a gambler, I do enjoy the thought of betting on some games because I like to predict the outcome.
58. A person should only be forgiven when they deserve it.
59. It bothers me when someone is unfriendly to me.
60. Life just happens, there is not much you can do to change it.
61. I perceive myself as a bad person.
62. I have never been afraid of heights, snakes, or darkness, even as a child.
63. I find myself trying to impress others.
64. I am critical of others.
65. I feel I have the opportunity to experience a complete and wonderful life.
66. Whenever a crisis arises I come alive and take charge of the situation.
67. There was a lot of fun and laughter in my family as I grew up.
68. I am basically shy and unsociable.
69. I have not been able to measure up.
70. I like lots of variation in my life and get depressed when things are dull and boring.

71. There seemed to be time to both work and play together in my family.
72. I have had friends or loved ones express concern about my drug or mood altering chemical use.
73. I am concerned about my health because my eating patterns are poor.
74. I can handle more alcohol than I could before.
75. I have felt remorse after gambling.
76. I am not attractive, personally or physically.
77. I have had friends express concern about my alcohol use.
78. I think about food too much.
79. After winning at a game of chance, I have a strong urge to return and win more.
80. I have to convince a person of the other sex to spend time with me.
81. I feel controlled by food.
82. I think I drink more alcoholic beverages than I should.
83. When gambling, I gamble until my last dollar is gone.
84. I get impatient when I have to wait for someone else, or when something takes too long.
85. A doctor or other professional has expressed concern about my alcohol use.
86. My needs will not be met if I have to depend on others.
87. I have borrowed money to use for gambling.
88. I can drink a quart of hard liquor or twelve beers within a day.
89. I like to stay busy and "keep many irons in the fire."
90. I do not experience a genuine feeling of intimacy when having sex with my partner.
91. I feel ashamed of my eating habits.
92. I have gambled longer than I have planned.
93. I have experienced withdrawal symptoms from drugs or mood altering chemicals.
94. I find myself doing two or three things at the same time.
95. I have not had a hangover.
96. I eat when I don't feel hungry.
97. A family member or friend has told me that he or she believed a minister was manipulating my thoughts or feelings.
98. I have not been able to remember in the morning what had happened the night before while drinking.
99. I don't pass up opportunities to have sex.
100. Playing games of chance helps me to escape from worry or trouble.
101. I feel guilty when I am not working on something.
102. I have made promises to myself or others to quit or cut back my use of drugs or mood altering chemicals, and have been unable to do so.
103. I need to have sex more than most people.
104. My drinking has not interfered with my ability to do my job or to perform in school.
105. I keep eating even after I am full.
106. Gambling has made my home life unhappy.
107. Things just don't seem to get moving fast enough or get done soon enough for me.
108. I have found myself planning out my next use of drugs or mood altering chemicals.
109. I see my minister as more powerful than other people.
110. I spend more money on alcoholic beverages than I should.
111. I am ashamed of my sexual practices.
112. I feel guilty about eating anything at all.

113. I have committed, or have considered committing, an illegal act to finance my gambling.
114. I enjoy sex for its own sake.
115. I have had legal consequences as a result of my alcohol consumption.
116. I have given money to a ministry because I believed God would make me wealthier if I gave.
117. I find it easy to relax and forget about work.
118. I have continued to use drugs or mood altering chemicals despite having medical problems that were complicated by that use.
119. My body proportions make me feel bad about myself.
120. It is hard for me to make a decision without consulting my minister or group leader.
121. I have found that it takes more of a particular drug or mood altering chemical to get the desired effect than it used to take.
122. I need sex all the time and cannot get enough.
123. I have had the urge to celebrate good fortune by a few hours of gambling.
124. I have made a mental commitment to myself to modify my drinking pattern in the past, but have not followed through on the commitment.
125. I have had times where I don't perform as well in school or on the job as a result of using drugs or mood altering chemicals.
126. I feel that if I work harder God will finally forgive me.
127. I get upset with myself for making even the smallest mistake.
128. I feel that I am overweight.
129. No one else in my family has had a problem with their alcohol use.
130. I believe I am being punished for something I did as a child.
131. I have not experienced legal problems as a result of my drug or mood altering chemical use.
132. I over commit myself.
133. I practice masturbation more frequently than I believe I should.
134. People have complained that I use too much Scripture in my conversations with them.
135. My gambling has made me careless about the welfare of my family.
136. I have caught myself thinking about using drugs or mood altering chemicals when I should have been thinking about something else.
137. I put more time, thought and energy into my work than I do into my relationships with my spouse, family and friends.
138. My faith has grown to the point that I have found it hard to relate to family and friends.
139. The need to eat comes upon me suddenly.
140. I have pushed my partner into having sex even when they may not have wanted to.
141. I have spent money on drugs or mood altering chemicals that should have been spent on something else.
142. After losing a game of chance I feel I must return as soon as possible and win back my losses.
143. I am so busy serving on committees and attending other church groups that I have little time for other pleasures.
144. I get upset when I am in situations where I cannot be in control.
145. I have used drugs or mood altering chemicals while by myself.
146. I sense that if I don't do enough, God might turn on me and not bless me.

- 147. Dieting does not work for me.
- 148. I feel guilty if I miss church for even one Sunday.
- 149. I have used drugs or mood altering chemicals to help cope with stress or physical discomfort.
- 150. It is important that I see the concrete results of what I do.
- 151. I watch sexually explicit movies or read sexually explicit material.
- 152. My family complains that I am going to church meetings rather than spending time with them.
- 153. I have gambled to try to get money with which to pay debts or otherwise solve financial problems.
- 154. I get angry when people do not meet my standards.

ADS

Addiction & Dependency Scale Answer Sheet

Name _____

Date _____

	1	2	3	4	5		1	2	3	4	5		1	2	3	4	5		1	2	3	4	5
1	<input type="radio"/>	41	<input type="radio"/>	81	<input type="radio"/>	121	<input type="radio"/>																
2	<input type="radio"/>	42	<input type="radio"/>	82	<input type="radio"/>	122	<input type="radio"/>																
3	<input type="radio"/>	43	<input type="radio"/>	83	<input type="radio"/>	123	<input type="radio"/>																
4	<input type="radio"/>	44	<input type="radio"/>	84	<input type="radio"/>	124	<input type="radio"/>																
5	<input type="radio"/>	45	<input type="radio"/>	85	<input type="radio"/>	125	<input type="radio"/>																
6	<input type="radio"/>	46	<input type="radio"/>	86	<input type="radio"/>	126	<input type="radio"/>																
7	<input type="radio"/>	47	<input type="radio"/>	87	<input type="radio"/>	127	<input type="radio"/>																
8	<input type="radio"/>	48	<input type="radio"/>	88	<input type="radio"/>	128	<input type="radio"/>																
9	<input type="radio"/>	49	<input type="radio"/>	89	<input type="radio"/>	129	<input type="radio"/>																
10	<input type="radio"/>	50	<input type="radio"/>	90	<input type="radio"/>	130	<input type="radio"/>																
11	<input type="radio"/>	51	<input type="radio"/>	91	<input type="radio"/>	131	<input type="radio"/>																
12	<input type="radio"/>	52	<input type="radio"/>	92	<input type="radio"/>	132	<input type="radio"/>																
13	<input type="radio"/>	53	<input type="radio"/>	93	<input type="radio"/>	133	<input type="radio"/>																
14	<input type="radio"/>	54	<input type="radio"/>	94	<input type="radio"/>	134	<input type="radio"/>																
15	<input type="radio"/>	55	<input type="radio"/>	95	<input type="radio"/>	135	<input type="radio"/>																
16	<input type="radio"/>	56	<input type="radio"/>	96	<input type="radio"/>	136	<input type="radio"/>																
17	<input type="radio"/>	57	<input type="radio"/>	97	<input type="radio"/>	137	<input type="radio"/>																
18	<input type="radio"/>	58	<input type="radio"/>	98	<input type="radio"/>	138	<input type="radio"/>																
19	<input type="radio"/>	59	<input type="radio"/>	99	<input type="radio"/>	139	<input type="radio"/>																
20	<input type="radio"/>	60	<input type="radio"/>	100	<input type="radio"/>	140	<input type="radio"/>																
21	<input type="radio"/>	61	<input type="radio"/>	101	<input type="radio"/>	141	<input type="radio"/>																
22	<input type="radio"/>	62	<input type="radio"/>	102	<input type="radio"/>	142	<input type="radio"/>																
23	<input type="radio"/>	63	<input type="radio"/>	103	<input type="radio"/>	143	<input type="radio"/>																
24	<input type="radio"/>	64	<input type="radio"/>	104	<input type="radio"/>	144	<input type="radio"/>																
25	<input type="radio"/>	65	<input type="radio"/>	105	<input type="radio"/>	145	<input type="radio"/>																
26	<input type="radio"/>	66	<input type="radio"/>	106	<input type="radio"/>	146	<input type="radio"/>																
27	<input type="radio"/>	67	<input type="radio"/>	107	<input type="radio"/>	147	<input type="radio"/>																
28	<input type="radio"/>	68	<input type="radio"/>	108	<input type="radio"/>	148	<input type="radio"/>																
29	<input type="radio"/>	69	<input type="radio"/>	109	<input type="radio"/>	149	<input type="radio"/>																
30	<input type="radio"/>	70	<input type="radio"/>	110	<input type="radio"/>	150	<input type="radio"/>																
31	<input type="radio"/>	71	<input type="radio"/>	111	<input type="radio"/>	151	<input type="radio"/>																
32	<input type="radio"/>	72	<input type="radio"/>	112	<input type="radio"/>	152	<input type="radio"/>																
33	<input type="radio"/>	73	<input type="radio"/>	113	<input type="radio"/>	153	<input type="radio"/>																
34	<input type="radio"/>	74	<input type="radio"/>	114	<input type="radio"/>	154	<input type="radio"/>																
35	<input type="radio"/>	75	<input type="radio"/>	115	<input type="radio"/>																		
36	<input type="radio"/>	76	<input type="radio"/>	116	<input type="radio"/>																		
37	<input type="radio"/>	77	<input type="radio"/>	117	<input type="radio"/>																		
38	<input type="radio"/>	78	<input type="radio"/>	118	<input type="radio"/>																		
39	<input type="radio"/>	79	<input type="radio"/>	119	<input type="radio"/>																		
40	<input type="radio"/>	80	<input type="radio"/>	120	<input type="radio"/>																		