



How HIGH Was I?...and How LOW Did I Go?

Please answer the following as honestly as possible using the following scale:

0 = Never

1 = At least once or twice

2 = Once in a while

3 = Pretty regularly

4 = Often

5 = Almost always (or frequently)

How HIGH was I?

1. Other people had to help me get home or stay out of trouble: _____
2. I stayed out later using/partying than I was allowed to or supposed to _____
3. I used every day _____
4. I drove intoxicated or with people that were driving high or drunk _____
5. I spent money or went through my supply faster than I wanted to because of using too much _____
6. I used or tried substances that I didn't plan on using _____
7. I felt guilty about how much I used _____
8. I was high at school/work _____
9. I used or copped drugs in places that weren't that safe _____
10. I cut school or work to go get high or because I was too tired or burnt from the day before _____
11. I did something I regretted later when under the influence _____
12. I used enough to risk overdose or death _____
13. I used more than most other people at the party _____
14. I used in order to fall asleep _____
15. I forgot what happened for part of the night _____
16. I used in order to deal with or avoid other issues; frustration, anger, anxiety, depression or stress _____

How LOW did I go?

1. People who cared about me got on my case, complained or expressed concern about my use _____
2. I had to cover up, lie or hide I was using _____
3. I got in trouble with the law _____
4. I got into fights in relationships either directly or indirectly related to my use _____
5. I got into fights with others, that may have been avoidable if I wasn't using _____
6. I stole, conned or beat someone out of money either directly or indirectly to obtain substances _____
7. I sold drugs to keep a supply going in my life _____
8. I hooked up or had sex with someone that I probably wouldn't if I wasn't under the influence _____
9. I was late or absent to school/work or other places directly or indirectly because of using _____
10. My work/school performance suffered because of using instead of doing what I was supposed to _____
11. I lost a job or didn't get a job either directly or indirectly because of my use _____
12. I got into trouble at school/work b/c of substance use or my reputation as a user _____
13. My parents/other family threatened to kick me out or send me away because of use _____
14. I tried to cut down on my own but failed _____
15. I stole from parents or family or close friends _____
16. I got high alone _____