

MEASURING DEPENDENCE

In the past 3 months, how often have you used	Never	Once or twice	Monthly	Weekly	Almost Daily
Chocolate	0	2	3	4	6
A social media account	0	2	3	4	6

In the past 3 months, how often have you had a strong desire to use:	Never	Once or twice	Monthly	Weekly	Almost Daily
Chocolate	0	2	3	4	6
A social media account	0	2	3	4	6

In the past 3 months, how often have you had health, social or financial problems because of:	Never	Once or twice	Monthly	Weekly	Almost Daily
Chocolate	0	4	5	6	7
A social media account	0	4	5	6	7

In the past 3 months, how often have you failed to do what was expected of you because of:	Never	Once or twice	Monthly	Weekly	Almost Daily
Chocolate	0	5	6	7	8
A social media account	0	5	6	7	8

Has a friend or relative ever expressed concern about your use of:	Never	Yes, in the past 3 months	Yes, but not in the last 3 months
Chocolate	0	2	3
A social media account	0	2	3

Have you ever tried and failed to control, cut down or stop using:	Never	Yes, in the past 3 months	Yes, but not in the last 3 months
Chocolate	0	2	3
A social media account	0	2	3



DEPENDENCE WORKSHEET

Identify the symptoms of dependence.

You've used the substance in ways that are dangerous to yourself and/or others.

Yes No

Your substance use has caused relationship problems or conflicts with others.

You've tried the substance.

You've failed to meet your responsibilities at school or home because of your substance use.

When you've stopped using the substance, you've experienced withdrawal symptoms.

You've built up a tolerance to the substance so that you have to use more to get the same effect.

You enjoy using the substance.

You've started to use larger amounts or use the substance for longer amounts of time.

You've tried to cut back or quit entirely, but haven't been successful.

You spend a lot of your time using the substance.

You talk to others about using the substance.

Your substance use has led to physical health problems like liver damage or lung cancer, or psychological issues, such as depression or anxiety.

You've skipped activities or stopped doing activities you once enjoyed in order to use the substance.

You've experienced cravings for the substance.

What are the top 3 concerns you would have if you thought a friend was developing a dependence on something.

Why?