DO I HAVE A PROBLEM?
You may have an addiction problem if...

- You’re not using medications in the way they’re prescribed.
- You take prescribed meds with alcohol or other drugs.
- You need higher doses of a drug before you feel its effect.
- You feel strange when the drug wears off.
  - shaky
  - depressed
  - nauseated
  - fatigued
  - In severe cases, you could even be confused, have seizures, or run a fever.
- You can’t stop.
- You spend a lot of your time thinking about the drug.
  - how to get more
  - when you’ll take it
  - how good you feel
- You borrow or steal money to pay for drugs.
- You hide your habit.
- You look different
  - bloodshot eyes
  - bad breath
  - shakes or tremors
  - frequent bloody noses
  - obvious changes in weight
- You have trouble getting along with friends and loved ones.

uabmedicine.org/addictionrecovery

UAB MEDICINE
ADDITION RECOVERY PROGRAM