



INTERNATIONAL ASSOCIATION
OF FIRE FIGHTERS



ADVANCED RECOVERY
SYSTEMS
an advanced approach to patient care

Questions to Consider for Identifying Substance Use Disorder (SUD)

The following are a list of questions to consider when evaluating alcohol or substance use. These questions are meant to help individuals consider how their relationship with alcohol or other substances(s) may be negatively impacting their life and overall well-being.

Answering yes to any, some or all of these questions does not constitute a disorder. However, the responses to these questions may help guide an individual to professional treatment or be a starting point for discussing their relationship with alcohol or substances.

- Has my alcohol and/or drug use negatively affected relationships with others in my life?
- Have I broken promises as a result of my alcohol and/or drug usage?
- Has my alcohol and/or drug use negatively affected my performance at work?
- Have I been unable to finish projects as a result of my alcohol and/or drug use?
- Do I think about alcohol and/or drug(s) more than other aspects of my life?
- Have I tried to stop and/or cut down the amount I'm using, but could not?
- Do I experience mental and/or physical discomfort when sober?
- Do I use alcohol and/or drug(s) to cope with feelings like sadness, anxiety, or anger?
- Does the thought of running out of alcohol and/or drug(s) scare me?
- Have I made excuses, hid, or lied about my alcohol and/or drug usage?
- Do I ever feel embarrassed about my alcohol and/or drug usage?
- Have I done things I wouldn't normally do as a result of my drinking and/or drug usage?
- Do I drink and/or use more than I used to?

The IAFF Center of Excellence for Behavioral Health Treatment and Recovery is a comprehensive treatment center exclusively for fire fighters, paramedics and dispatchers struggling with substance use disorder, addiction, post-traumatic stress disorder (PTSD) and other co-occurring mental health issues. If you or someone you know is in need of help, please call our 24/7 admissions line at 855-900-8437 or visit IAFFRecoveryCenter.com for more information.

This is not a scientific questionnaire and should only be used as a tool to approach conversation regarding potential substance use disorder and/or misuse. Please refer to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) for specific criteria to diagnose a Substance Use Disorder (SUD).

June 2020