

# IS POPPING PILLS BECOMING ADDICTIVE?

Read the statement and check each applicable box. This quiz is not a diagnostic tool ba self-assessment of your possible risk factors. Call Purpose Healing Center at 480.579.3319 to get help.

- 1) I lie to my friends or family about how many pills I take.
- 2) I deny/downplay my pill popping behaviors.
- 3) I've had medical, legal, or financial problems related to pill use.
- 4) I wake up thinking about taking a pill to get through the day.
- 5) I take risks to obtain pills, like using someone else's prescription.
- 6) I've skipped work or school after popping pills.
- 7) I mix prescriptions with alcohol to stay calm and reduce stress.
- 8) I sometimes feel ashamed about popping pills.
- 9) I'm okay with my secretive pill use - it's nobody's business!
- 10) I feel sick and shaky if I haven't taken a pill recently.
- 11) I have tried to stop taking pills, but couldn't stick with it.
- 12) I plan around when I can refill medications or get more drugs.

## **DO YOUR STRUGGLE WITH PRESCRIPTION PILL ABUSE?**

The more items you check, the more likely it is that you have an addiction.  
Please reach out to our team if several of these signs are present.



**PURPOSE**  
HEALING CENTER

purposehealingcenter.com | 480.579.3319