

AM I ADDICTED TO XANAX + ALCOHOL?

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 use Xanax and drink alcohol on the same day.
- 2) I need more Xanax or alcohol to feel the same effects.
- 3) I drink alcohol to change how Xanax makes me feel.
- 4) I have memory gaps after using Xanax and alcohol.
- 5) I feel anxious or unwell when I don't use them.
- 6) I've tried to cut back, but couldn't.
- 7) I worry about running out of Xanax or alcohol.
- 8) Others have expressed concern about my use.
- 9) I take Xanax differently than prescribed.
- 10) I keep using despite negative consequences.
- 11) I rely on Xanax or alcohol to cope or sleep.
- 12) I feel unable to function without one or both.

ARE YOU STRUGGLING WITH ALCOHOL AND XANAX?

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



PURPOSE
HEALING CENTER

purposehealingcenter.com | 480.579.3319