



Breaking Free

Alcohol and Drug Assessment

Breaking Free Drug & Alcohol Use Assessment

Instructions:

Answer each question honestly based on your current or recent (past 6 months) behavior.

Rate each question on the following scale:

Score Description

- | | |
|---|-------------------------|
| 0 | Never / Not at all true |
| 1 | Occasionally true |
| 2 | Often true |
| 3 | Almost always true |

SECTION 1: Frequency and Pattern of Use

1. I have experimented with alcohol or drugs out of curiosity.
2. I use alcohol or drugs in social situations to fit in or relax.
3. I sometimes plan ahead for when I will drink or use.
4. My substance use has become part of my weekly routine.
5. I notice I am using more frequently than I used to.
6. I have trouble stopping once I start using.
7. I sometimes wake up planning when I will use again.
8. I have gone on longer periods of use than I intended.
9. I feel uneasy or restless when I haven't used for a while.
10. I have tried to cut down but found it difficult.

SECTION 2: Control and Craving

11. I find myself thinking about using even when I don't plan to.
12. I experience cravings or urges to use.
13. My tolerance has increased (I need more to get the same effect).

14. I feel out of control once I start drinking or using.

15. I hide or minimize the amount I use from others.

16. I've made promises to stop but returned to use.

17. I use alone or in secret.

18. I've used despite wanting to stay sober that day.

19. I've lost track of how much I used in a session.

20. I feel guilty or regretful after using but do it again.

SECTION 3: Consequences

21. My relationships have been affected by my substance use.

22. I've missed responsibilities (work, school, family) because of use.

23. I've had legal or financial trouble related to substance use.

24. I've put myself or others at risk while under the influence.

25. I've neglected health, hygiene, or nutrition due to use.

26. I've experienced blackouts or memory gaps.

27. I've continued using despite negative consequences.

28. I've lost interest in activities I once enjoyed.

29. I've noticed my priorities have shifted toward using.

30. People close to me have expressed concern about my use.

SECTION 4: Emotional and Psychological Dependence

31. I use substances to cope with stress or emotional pain.

32. I feel anxious, angry, or depressed when I can't use.

33. I rely on substances to feel normal or balanced.

- 34. I use to escape from problems or negative feelings.
- 35. I feel uncomfortable in social situations without using.
- 36. My mood often depends on whether I've used recently.
- 37. I find it hard to imagine my life without alcohol or drugs.
- 38. I feel shame or isolation because of my substance use.
- 39. I have lied about my use to others.
- 40. I feel emotionally numb or detached much of the time.

SECTION 5: Physical and Lifestyle Impact

- 41. My sleep patterns have changed due to use.
- 42. I've experienced withdrawal symptoms (shakes, nausea, sweats).
- 43. My appetite or weight has changed noticeably.
- 44. I've had health issues possibly related to substance use.
- 45. I've used despite being sick or physically unwell.
- 46. My daily routine now revolves around substance use.
- 47. I've avoided sober events or people.
- 48. I've lost jobs, opportunities, or housing due to use.
- 49. I feel trapped in a cycle of using and regretting.
- 50. My substance use feels beyond my control.

Scoring Instructions

- 1. Add up all 50 responses to find the Total Score (possible range: 0–150).

2. The Total Score represents the individual's overall risk and severity of substance involvement.

Interpretation Guide (Single Composite Score)

Total Score Range	Stage of Use	Description	Recommended Action
0 – 9	Stage 1 – Experimental Use	Minimal involvement; curiosity or peer exposure; low risk of dependence.	Provide education, prevention strategies, and encourage healthy coping.
10 – 49	Stage 2 – Social / Patterned Use	Regular but situational use; beginning psychological attachment; may rationalize or plan use.	Short term intervention, accountability plan, and faith-based or outpatient recovery support.
50 – 79	Stage 3 – Problematic / Loss of Control	Noticeable life disruption; increasing tolerance, guilt, secrecy, and loss of moderation.	Structured recovery program, counseling, group therapy, or intensive outpatient care.
80 – 150	Stage 4 – Compulsive / Dependent Use	Substance use dominates life; strong physical or emotional dependence; severe consequences.	Recommend detox, long-term residential treatment, and comprehensive Christ-centered recovery support.

- 0–9:  Experimental-Preventative Education
 - 10–49:  Beginning of Dependence
 - 50–79:  High Risk of Dependence
 - 80–150:  Severe / Chronic Dependence
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Clinical Notes

- Assessor Comments: _____
- Client Reflection: _____
- Recommendations:
 - ☐ Education
 - ☐ Outpatient Recovery
 - ☐ Residential Recovery
 - ☐ Counseling
 - ☐ Detox

Cover Page Concept: “Breaking Chains”

Title:

BREAKING FREE

(bold, uppercase, modern sans-serif font, slightly textured to convey strength)

Subtitle:

Drug & Alcohol Use Assessment

(smaller, clean font, easy to read)

Tagline (optional):

“Breaking the cycle, stepping into freedom”

Visual Elements

- Central Image: Broken chains or a single chain link snapping apart, symbolizing freedom from substance dependence.
 - Background:
 - Soft gradient from dark at the bottom (representing past struggles) to bright light at the top (hope and recovery).
 - Optionally, a subtle sunrise or beams of light breaking through clouds behind the chains for emphasis on renewal.
 - Accent Elements:
 - Small, soft icons representing hope or support (e.g., a faint path, open hands, or a soaring bird in the background).
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Color Palette

- Primary: Deep blue or navy (stability, seriousness)
 - Accent: Gold or warm yellow (hope, light, transformation)
 - Secondary: Light gray or soft white (clarity, readability)
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Layout

- Top: Title in bold letters
- Middle: Broken chain visual (large, central focus)
- Bottom: Subtitle + tagline

- Optional: Small logo of Breaking Free in the bottom corner