

# Signs of Addiction: When Use Becomes Abuse

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Substance use becomes abuse when you can't control your use of alcohol or other drugs. (Alcohol may be legal, but it's still a drug.) Use also becomes abuse when it disrupts your life.



## What Are the Signs?

Substance use may be making it hard for you to:

- Stay close to family and friends
- Get to work on time or do your job well
- Keep up with your bills

If this sounds like you, you may be abusing alcohol or other drugs. You're not alone. Substance abuse is a common problem. Just know that there's help whenever you're ready to make a change.

## Is this you?

These questions can help you take a closer look at your use. Note any that apply to you:

- Have you ever felt you need to cut down on your substance use?
- Do you ever feel annoyed when people criticize your use?
- Have you ever felt embarrassed or guilty about your use?
- Have you ever used substances first thing in the morning?

**If you checked one or more of these boxes, maybe it's time to think about your substance use.**