

Here are the 20 questions designed to help you determine if you are a pill addict:

- 1. Has your doctor, spouse or anyone else expressed concern about your use of medications?
- 2. Have you ever decided to stop taking pills only to find yourself taking them again contrary to your earlier decision?
- 3. Have you ever felt remorse or concern about taking pills?
- 4. Has your efficiency or ambition decreased since taking pills?
- 5. Have you established a supply for purse or pocket or to hide away in case of emergency?
- 6. Have you ever been treated by a physician or hospital for excessive use of pills (whether or not in combination with other substances)?
- 7. Have you changed doctors or pharmacies for the purpose of maintaining your supply?
- 8. Have you received the same medication from two or more physicians or pharmacists at approximately the same time?
- 9. Have you ever been turned down for a refill?
- 10. Have you ever taken other people's pills with or without their permission or obtained them illegally?
- 11. Have you taken the same pain or sleep medication for a prolonged period of time only to find you still have the same symptoms?
- 12. Have you ever informed your physician as to which pill works best at which dosage and had them adjust the prescription to your recommendations?
- 13. Have you increased the dosage, strength or frequency of your pills over the past months or years?
- 14. Are your pills quite important to you; e.g., do you worry about refills long before running out?
- 15. Do you become annoyed or uncomfortable when others talk about your use of pills?
- 16. Have you or anyone else noticed a change of personality when you take your pills, or when you stop taking them?
- 17. Have you ever taken your medication before you had the associated symptom?
- 18. Have you ever been embarrassed by your behavior when under the influence of your pills?
- 19. Do you ever sneak or hide your pills?
- 20. Do you find it impossible to stop or to go for a prolonged period without your pills?

If you answered yes to three or more of these questions, then our experience would indicate that you may be one of us.

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ARE YOU A
PILL ADDICT?



PILLS ANONYMOUS

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