



TWENTY QUESTIONS OF PILLS ANONYMOUS

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?**

(OVER PLEASE)

- 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 peoples 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.