

CLEAR PATHS SYMPTOMATOLOGY CHECKLIST

Please check “Y” for Yes or “N” for No for the following questions, based upon whether or not they apply to you in the present or have applied to you either in the past. **Please be as honest and open in your responses as possible.**

Y	N	#	Question
		1	Does it seem like it takes more alcohol or other drugs to get you “buzzed” or “high” now than it did when you first started? (D-1)
		2	Have you ever experienced nausea, vomiting, diarrhea, or heavy sweating after you have stopped drinking or using for a day or more? (D-2)
		3	Do you sometimes accidentally drink or use more than you originally intended? (D-3)
		4	Do you have a plan to help you limit or control your drinking or using? (D-4)
		5	Do you ever spend time daydreaming about ways and means of getting “buzzed” or “high” when you should be doing something else? (D-5)
		6	Does it seem like many of your non-using friends have either drifted away or you have dropped many of them since you started drinking or getting high? (D-6)
		7	Do you ever get hangovers the day after parting? (D-7)
		8	Have you ever neglected your obligations to your family or friends in order to drink, get high, or recover from a hangover? (A-1)
		9	Do you sometimes enjoy performing dangerous stunts when you are buzzed or high in order to impress your friends? (A-2)
		10	Have you ever received a citation for any alcohol/drug related offense such as Minor in Possession (MIP), Drunk and Disorderly, etc.? (A-3)
		11	Have you ever felt that you should cut down on your use of alcohol or other drugs because they are causing you problems in some area of your life? (A-4)
		12	Do you sometimes drink or get high after arguments with your husband/wife/partner/romantic interest/parents/friends? (M-1)
		13	Do you enjoy movies, concerts, or sporting events more if you are buzzed or high than if you are not? (M-2)
		14	Does it seem like you can drink or use more than most of your friends and still maintain control of yourself? (D-1)
		15	Have you ever felt restless, nervous, irritable, or had trouble sleeping after you quit drinking or using a few days? (D-2)
		16	Do you find yourself getting buzzed or high sometimes without really wanting or planning to? (D-3)
		17	Have you ever gone places meaning to stay straight, but ended up getting buzzed or high anyway? (D-4)
		18	Do you sometimes drink or use some other drug first thing in the morning to help you get the day started right? (D-5)
		19	Are you spending less time on activities with your family now than you did before you started drinking or getting high? (D-6)
		20	Have you ever drank alcohol in spite of having problems with ulcers, or smoked weed in spite of having asthma, or used another drug in spite of physical problems it caused for you? (D-7)
		21	Have you ever used alcohol or other drugs at work or school, or gone to work or school under the influence of these substances? (A-1)
		22	Have you ever been in a car accident when you were drinking or using—either as a driver or as a passenger? (A-2)

	23	Have you been on probation or parole and gotten in trouble with your probation or parole officer because of your use of alcohol or other drugs? (A-3)
	24	Have your friends ever complained about your drinking or using, or the way you act when you are buzzed or high? (M-2)
	25	When you are drinking or using, do you feel more self-confident and in control of situations than when you are not? (M-1)
	26	Do you feel that you fit in better at parties or other social situations when you are a little buzzed or high? (M-2)
	27	Have you noticed that you are spending more money on your drinking and using than when you first began? (D-1)
	28	Have you ever awakened in the morning with the shakes? (D-2)
	29	Have you ever set yourself a limit of “a couple beers,” or “a few tokes,” or “just two lines,” and ended up getting drunk or loaded anyway? (D-3)
	30	Have you ever tried switching from one drug or alcoholic beverage to another so you wouldn’t get so “messed up?” (D-4)
	31	Have you ever gone on a binge and stayed buzzed or high for longer than 24 hours at a time? (D-5)
	32	Are the people with whom you spend a majority of your time now mostly users of alcohol or other drugs? (D-6)
	33	Have you ever quit using alcohol or another drug because of a bad or dangerous experience, and then ended up going back and using it again anyway? (D-7)
	34	Have you ever gotten in trouble at work or school because of your drinking or using? (A-1)
	35	Have you mixed drugs or used drugs with which you were not familiar and overdosed or had bad or dangerous experience as a result? (A-2)
	36	Have you ever been arrested for a DUI (Driving Under the Influence)? (A-3)
	37	Have you ever been kicked out of your house or gotten into serious fights with family members over your drinking or getting high? (A-4)
	38	Have you ever used alcohol or another drug to make negative feelings such as hurt, fear, or anger go away? (M-1)
	39	Do you tend to avoid social functions where you know alcohol or other drugs will probably not be available? (M-2)
	40	Have you tried to cut down on the amount you drink or use and found that you were not able to get buzzed or high when you did? (D-1)
	41	Have you ever tried to stop drinking or getting high and started “feeling” so badly that you went back to drinking or using? (D-2)
	42	Do you sometimes spend more time in using situations such as at parties or “hanging out” with friends than you originally intended? (D-3)
	43	Once you start drinking or using do you ever have trouble stopping when you want to? (D-4)
	44	Have you noticed, or has anyone else mentioned to you, that your daily activities or lifestyle are being influenced in some way by your drinking or getting high? (D-5)
	45	Do you tend to avoid people or places which do not approve of your using alcohol or other drugs? (D-6)
	46	Do you ever find yourself depressed and confused when you come down off of alcohol or other drugs? (D-7)

	47	Have you noticed that your performance at work or your grades at school aren't as good as they were before you started drinking or getting high? (A-1)
	48	Have you ever driven a car or motorcycle or operated other types of machinery while drinking or using some other drug? (A-2)
	49	Have you ever been arrested for a crime you committed while under the influence of alcohol or another drug? (A-3)
	50	Have any of your family members or friends tried to talk you into stopping or cutting down on your drinking or using? (A-4)
	51	Do you find that getting buzzed or high makes interactions with opposite sex more fun or more romantic? (M-2)
	52	Do you sometimes drink or use before or on the way to a party to give yourself a head start on the action, so you'll be a little buzzed or high by the time you get there? (D-1)
	53	Do you find that it sometimes helps to drink or use a little in the morning in order to avoid or get over a hangover from drinking or drugging the night before? (D-2)
	54	Is it hard for you to stop drinking or using when there is still some of what you are drinking or using left? (D-3)
	55	Do you ever try to limit you drinking or getting high to certain times, places, or situations? (D-4)
	56	Do you spend a lot of time hanging out in places where you know alcohol or other drugs will probably be available? (D-5)
	57	Do you sometimes drink or get high when you are alone? (D-6)
	58	Does your memory seem to be not quite as good as it was when you first started drinking or using other drugs? (D-7)
	59	Have you ever missed work or school because you were too drunk, loaded, or hung-over to go? (A-1)
	60	Have you ever gone hunting, skiing, or engaged in other sports while high or buzzed? (A-2)
	61	Have you ever been arrested for VACSA (Possession of a Controlled Substance)? (A-3)
	62	Do you sometimes get into fights when you are buzzed or high? (A-4)
	63	Do you think getting buzzed or high before having sex makes it more enjoyable? (M-1)
	64	Do the things you do for fun with your friends usually involve drinking or using other drugs? (M-2)
	65	Do you sometimes "chase the high" by drinking or using quickly in order to feel the alcohol or drug effects faster or more intensely, i.e., chug-a-lugging beer to get buzzed quicker or using a bong to get high faster? (D-1)
	66	Do you keep a secret "stash" of alcohol or other drugs for "emergency use?" (D-2)
	67	Have you ever set yourself a "budget" of how much you can afford to spend on alcohol or other drugs and found yourself going over your limit and spending more than you could afford? (D-3)
	68	Have you ever promised yourself or someone else that you would quit drinking or using, and later gotten buzzed or high again anyway? (D-4)
	69	Do you sometimes have to spend a lot of time running around from place to place, trying to obtain alcohol or other drugs? (D-5)
	70	Have you given up any activities, interests, or hobbies because they interfere with your drinking or getting high, or because they just don't seem as exciting, fun, or important now as they did before you started drinking or using? (D-6)

	71	Have you ever done things while you were drinking or getting high that you couldn't remember later? (D-7)
	72	Have you ever gotten buzzed or high at times when you know that there were other things that you should have been doing instead? (A-1)
	73	Have you ever been "jumped" or shot while you were buzzed or high? (A-2)
	74	Have you ever been confronted by the police or other authorities while you were drinking or getting high out in public, i.e., in a car, a park, or at a dance? (A-3)
	75	Have you lost any friends because of you drinking or getting high? (A-4)
	76	Do you often get a feeling of having extra power from alcohol or other drugs? (M-1)
	77	Does drinking or getting high help you to relax and feel more at ease and more "sociable" around other people? (M-2)
	78	Have you ever mixed drugs to get a better high, i.e., drank and smoked weed at the same time? (D-1)
	79	Does it sometimes seem like life is boring and nothing is fun anymore when you have stopped drinking or getting high for awhile? (D-2)
	80	Have you ever bought a bag of weed and intended to just smoke one bowl or one joint, but ended up smoking it all or had a similar experience with another drug? (D-3)
	81	Have you ever made yourself a promise to just drink or get high on the weekends and found yourself sometimes catching a buzz during the week anyway? (D-4)
	82	Have you ever drank or used a little bit throughout the day at work or school to keep yourself feeling motivated, interested, and enjoying what you are doing? (D-5)
	83	Have you ever spent money on alcohol or other drugs that you had set aside for other activities? (D-6)
	84	Have you ever used alcohol or other drugs against medical advice? (D-7)
	85	Do you drink or use sometimes just because you enjoy the feeling it gives you? (M-1)
	86	Are you a better dancer when you are buzzed or high than when you are not? (M-2)
	87	Have you ever missed appointments or forgotten about other responsibilities or obligations when you were high or buzzed? (A-1)
	88	Have you had any close calls or dangerous experiences while drinking or using, and later realized that you were very lucky not to have been injured or even killed? (A-2)
	89	Have you ever been caught shoplifting beer or wine? (A-3)
	90	Has drinking or using ever caused a serious problem in your relationship with your husband/wife/partner/romantic interest? (A-4)
	91	Do you find that it is easier for you to talk and express your true feelings when you have been drinking or using? (M-1)

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