

Signs of Addiction to Prescription Drugs

The more you regularly rely on something external to lift you up, relax you, or help you feel better, the closer you move toward addiction. If you decide you are on the path to addiction, you can take action to keep it under control or find caring people to help you.

Check Your Addiction Level

They must be safe, right? After all, a doctor prescribes medications, and over-the-counter drugs are government approved. But these drugs may be as addictive and destructive as illegal drugs. Read the following statements and check 'yes' or 'no'. Answering 'yes' to three or more questions may be a signal that prescription drugs are taking hold of your life.

Yes	No	Questions
		Do you think that because your doctor prescribed the medication, it couldn't be harmful or addicting?
		Do you think that because you don't need a prescription for the drug, it must be safe?
		Do you take the drug for a reason other than its intended purpose?
		Has your original dosage increased over time?
		Is your prescription 'open-ended'?
		Have you obtained prescriptions for the same drug from several doctors at the same time?
		Have you ever tried to stop taking the drug and failed?
		Do you feel irritable or anxious if you don't take the drug?
		Do you ever take the drug along with other drugs, such as alcohol or cocaine?
		Do you ever use more than the prescribed amount of your medication or OTC drug?
		Do you think that because the drug makes you feel better, whatever has been bothering you has gone away?
		Have you used friends' prescription drugs?

Remember that Southwest EAP is here to help you and your household. If you or a loved one is experiencing problems with substances please feel free to reach out and see how Southwest EAP can help. Contact us confidentially anytime.