

DSM-5 Criteria for Substance Use Disorder

- 1) Taking the substance in larger amounts or for longer than you're meant to.
- 2) Wanting to cut down or stop using the substance but not managing to.
- 3) Spending a lot of time getting, using, or recovering from use of the substance.
- 4) Cravings and urges to use the substance.
- 5) Not managing to do what you should at work, home, or school because of substance use.
- 6) Continuing to use, even when it causes problems in relationships.
- 7) Giving up important social, occupational, or recreational activities because of substance use.
- 8) Using substances again and again, even when it puts you in danger.
- 9) Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
- 10) Needing more of the substance to get the effect you want (tolerance).
- 11) Development of withdrawal symptoms, which can be relieved by taking more of the substance.

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