Do you find yourself frequently thinking about or craving a substance or behavior even when you try to focus on other things?

1. "Yes, I can't stop thinking about using the substance even when I'm trying to focus on work or other activities."
2. "I constantly crave the substance."
3. "It distracts me from other important things in my life."
4. "It's like a constant battle in my head."
5. "I can't stop thinking about it, no matter how hard I try."
6. "It's always there, lurking in the background, waiting for the right moment to pounce."
7. "When I'm busy or doing something, I enjoy, that craving creeps back in."
8. "It's like an itch I can't scratch, and it drives me crazy."
9. "I've tried everything to distract myself, but nothing really works."
10. "It's a prison of my own mind."
11. " I think about it a lot."
12. " I can't concentrate at work or be present with my family."
13. " I've tried to stop countless times, but the cravings are too strong."
14. "I know it's harmful, but I can't stop myself."
15. "I have no control."
16. "I want to stop, but I don't know how."
17. "It control me."

Have you experienced negative consequences in your life, such as problems with work, relationships, or health, due to your substance use or behavior?

1. "Yes, my substance use has caused problems at work and has strained my relationships with family and friends."
2. "I've had health issues and lost jobs because of my addiction, and it's also affected my relationships."
3. "I couldn't focus"
4. "I was always late"
5. "I got fired"
6. "A total disaster."
7. "My family and friends are gone."
8. "They're tired of my lies and broken promises."
9. "I'm a mess."
10. "I've got physical problems, I'm always sick,"
11. "I don't even recognize myself anymore."
12. "I've destroyed everything important in my life."
13. "I'm living a nightmare."
14. " I've lost works because of it."
15. " I've spent money on drugs and alcohol."
16. " I'm always sick."
17. " I've tried to quit."
18. " Withdrawal symptoms are unbearable."
19. " It has destroyed my relationships."
20. " I've pushed away everyone who cares about me."
21. "Afraid of what people will think of me."
22. " I don't know how to rebuild my life."

Do you often feel a need to increase the amount of the substance or frequency of the behavior to achieve the same level of satisfaction?

1. "Yes, I find that I need to use more of the substance to get the same high or feeling that I used to get with less."
2. "I’ve noticed that I need to engage in the behavior more frequently or intensely to feel the same level of satisfaction."
3. "It used to be one drink, one line, or one hit would do it."
4. "I need double, triple, even more to feel anything."
5. "It's like my body is building up tolerance."
6. "I need more and more to get the same high."
7. "It's a never-ending cycle."
8. "I used to be able to control it, but now it controls me."
9. "I feel like I'm chasing a ghost."
10. "I’m trying to recapture that first amazing feeling."
11. "It's always just out of reach."
12. " I need more and more to get the same high."
13. " I have to keep increasing the amount to feel the same way."
14. " I can't stop myself from using more."
15. " I'm spending way too much."
16. " I can't stop myself."
17. " I feel physically sick if I don't use it."
18. " I don't think I use it that much."
19. " I just enjoy it."

Have you tried to cut down or stop using the substance or behavior but found that you are unable to do so?

1. "Yes, I’ve tried to quit several times, but I always end up going back to it."
2. "I’ve made attempts to cut down, but I can't seem to stop or reduce my use on my own."
3. "I've tried countless times."
4. "Every time I promise myself to stop, I end up right back where I started."
5. "It's like a part of me is stronger than my willpower."
6. "Nothing works."
7. "I've tried."
8. "Cutting back slowly."
9. "The cravings are too strong."
10. "It's like I'm trapped."
11. "Never-ending cycle."
12. " I've tried to quit many times."
13. " I always end up going back."
14. " I have no control."
15. " Withdrawal symptoms were unbearable."
16. "It’s a battle."
17. " I don't believe in myself."
18. " I always give in."
19. " I haven't really tried to quit."
20. " It's hard to talk about."

Do you spend a significant amount of time obtaining, using, or recovering from the effects of the substance or behavior?

1. "Yes, I spend a lot of my time getting the substance, using it."
2. "Recovering from its effects."
3. "Most of my day is taken up by the behavior, including finding time to engage in it and dealing with the aftermath."
4. "That's an understatement."
5. "My life revolves around it."
6. "It's like a black hole sucking me in."
7. "I spend hours each day figuring out how to get more, where to get it, and how much I can afford."
8. "There's the time spent using it or recovering from the crash."
9. "It's taken over my life."
10. "I'm a prisoner to this addiction."
11. "I’m addicted to this."
12. "Everything fallen by the wayside."
13. " My life revolves around it."
14. " I've neglected everything else in my life."
15. " I spend most of my time."
16. " I can't manage my time anymore."
17. "I like that and need it again and again."
18. " I don't know how much time I spend on it."
19. " I spend time on it."