

Do you have a problem with compulsive behavior?

Self-Test Questionnaire

“Let a man examine himself.” 1 Corinthians 11:28

1. Do you tell yourself you can stop a behavior any time you want to, even though you keep doing it when you don't mean to? Y / N
2. Do you keep secrets about your behavior from those you care about? (Do you lead a double life?) Y / N
3. Has your behavior caused trouble at home? Y / N
4. Have you missed work or school because of this behavior? Y / N
5. Do you engage in this behavior despite negative legal or health consequences? Y / N
6. Do you violate your own ethical standards to engage in this behavior? Y / N
7. Have you ever felt that your life would be better if you did not do this behavior? Y / N
8. Do you go to places you do not like to engage in this behavior? Y / N
9. Do you need greater variety or increased frequency of this behavior to achieve the same level of ease and comfort? Y / N
10. Does this behavior occupy large amounts of time and/or jeopardize your significant relationships or employment? Y / N
11. Has your behavior ever left you feeling hopeless, alienated from others, or suicidal? Y / N

If you answered YES to any of these questions, you may have a problem.