

## CRAFFT Quiz

1. Have you ever ridden in a Car driven by someone (including yourself) who was high or had been using alcohol or drugs?

YES \_\_\_\_\_ NO \_\_\_\_\_

2. Do you ever use alcohol or drugs to Relax, feel better about yourself, or fit in?

YES \_\_\_\_\_ NO \_\_\_\_\_

3. Do you ever use alcohol or drugs while you are by yourself Alone?

YES \_\_\_\_\_ NO \_\_\_\_\_

4. Do you ever Forget things you did while using alcohol or drugs?

YES \_\_\_\_\_ NO \_\_\_\_\_

5. Do your Family or Friends ever tell you that you should cut down on your drinking or drug use?

YES \_\_\_\_\_ NO \_\_\_\_\_

6. Have you ever gotten into Trouble while you were using alcohol or drugs?

YES \_\_\_\_\_ NO \_\_\_\_\_

7. Does your alcohol or drug use ever make you do something that you would not normally do, like breaking rules, missing curfew, breaking the law or having sex with someone?

YES \_\_\_\_\_ NO \_\_\_\_\_

**Two or more 'yes' answers on the CRAFFT suggest a serious problem and a need for further assessment.**