NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Addiction Warning Signs

Changes in feelings, thoughts, or routines can signal a need for support. This reflection checklist is not a diagnosis or a score.

Use a PDF reader that supports forms to type in the fields, or print and write by hand. Save your completed copy privately. This PDF does not automatically send your entries to New Leaf Pathways.

Physical dependence and addiction are different

Physical dependence: the body adapts to a substance and may develop withdrawal symptoms when it stops. This can occur with prescribed medication and does not, by itself, mean addiction.

Addiction: difficulty controlling substance use and continuing despite harm to health, relationships, work, or safety.

Emotional and mental signs

- [ ] Increased irritability or mood swings
- [ ] Remembering past use mainly in positive terms
- [ ] Feeling that I no longer need support
- [ ] Thinking about using more than I want to

Behavioral signs

- [ ] Skipping usual meetings, counseling, or check-ins
- [ ] Returning to people or places connected with past use
- [ ] Using more than intended or struggling to cut down
- [ ] Being less open about where I have been or whom I have seen

Choose a supportive next step

What is happening right now?

What usually helps?

Who can I contact today?

Support when you need it

Immediate danger: call 911. For crisis support, call or text 988. For treatment referral and information, call SAMHSA at 1-800-662-4357.