

**Parent Self-Assessment for: Addiction IQ / Actions taken**

**Person completing:** **.**

1. Does your addicted adult child have a doctor and counselor specializing in substance abuse? Yes No

See enclosed doctor and counselor questionnaires to help select one.

1. Has a professional assessment been conducted which includes a drug or alcohol test? Yes No
2. Has your loved one admitted to the addiction and accepted the assessment recommendations? Yes No
3. Are you aware of the risks and outcomes based upon what actions are taken or not taken? Yes No
4. Have you educated yourself on the options and decisions that can lead to positive changes? Yes No
5. Do you understand how enabling or being co-dependent impacts the addict the recovery? Yes No
6. Have you weighed the consequential risk of tough love if you plan to cut them totally off? Yes No
7. Have you verbalized love and concern and do you give frequent hugs? (can be mutually beneficial) Yes No
8. Do you understand that being admitted to a detox facility is a critical early step to sobreity? Yes No
9. Have you researched inpatient /outpatient rehabs locally and in the U.S. to use after a detox stay? Yes No
10. Do you understand the differing philosophies on sobriety and which one is right for you? Yes No
11. Have you researched the therapies offered at rehabs, including evidence-based medication therapy? Yes No
12. Do you know what an intervention is, and if you use it, has it been planned out in advance? Yes No
13. Is a forced rehab admission (i.e., the Marchman Act in Florida) the correct decision at this time? Yes No
14. Do you know what ©A.A., ©N.A., ©Al-Anon®, ©Nar-Anon® are and how to find a meeting? Yes No
15. Do you know what the single most critical factor is in your loved one becoming sober? Yes No
16. Have you discussed and defined what your role and boundaries are and what you can offer? Yes No
17. Do you understand there are NO guaranteed outcomes despite proper upbringing or actions taken? Yes No
18. Have you discussed the possible outcomes of sobriety, prison, death, or institutionalization? Yes No
19. Are you using H.A.L.T. (**H**ungry, **A**ngry, **L**onely,**T**ired) to identify early warning signs of relapse? Yes No
20. Have changes been made to reduce relapse in the addict’s “people, places, and things”? Yes No
21. If early sobriety has been obtained, have preventative measures been employed? Yes No
22. What is the best thing I can be doing right now to support my addicted loved one? \_\_\_\_\_\_\_\_\_\_\_\_
23. What is the best thing your loved one can do right now to progress towards sobriety? \_\_\_\_\_\_\_\_\_

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