



CRAFFT QUESTIONNAIRE

- Have you ever ridden in a **CAR** driven by someone (including yourself) who was high or had been using alcohol or drugs?
- Do you use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?
- Do you ever use alcohol or drugs while you are by yourself, **ALONE**?
- Do you ever **FORGET** things you did while using alcohol or drugs?
- Do your **FAMILY** or friends ever tell you that you should cut down on your drinking or drug use?
- Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?

Scoring the CRAFFT

2 or more positive items indicate the need for further assessment.