

# CHECKLIST: AM I ADDICTED TO KRATOM?

*The more boxes you check, the more likely you have a kratom addiction. Call Catalina Behavioral Health at 520.999.2560 today for a professional evaluation. This self-assessment is not a diagnosis but can give you an idea when it's time to get help.*

I feel a strong craving or urge to use kratom.

I tried to cut down or stop using kratom, but couldn't.

I use larger amounts of kratom than before.

I experience withdrawal symptoms when I stop.

Kratom use is more important than school/work.

I spend a lot of time using kratom.

I've lost interest in other activities besides kratom use.

Kratom causes frequent conflicts with friends/family?

Using kratom relieves my stress.

I use kratom even when dangerous (ie, driving).

