**CRAFFT**

**C:** Have you ever ridden in a car driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

**R:** Do you ever use alcohol or drugs to relax, feel better about yourself or fit in?

**A:** Do you ever use alcohol or drugs while you are by yourself (alone)

**F:** Do your family or friends ever tell you that you should cut down on your drinking or drug use?

**F:** Do you ever forget things you did while using alcohol or drugs?

**T:** Have you gotten in trouble while you were using alcohol