
Signs of Cocaine Addiction

The more you regularly rely on cocaine to get you "up," the closer you move toward cocaine addiction. It's also called cocaine use disorder. If you think you are on the path to addiction, take action now to change your behavior. Find caring people to help you.

Check your addiction level

Do you think you might have a problem with substance use? You may think cocaine helps you work faster and more creatively. But with repeated use, cocaine actually leads to lower performance. Cocaine may also cause emotional problems, such as depression. It can cause physical problems like seizures and heart attacks. The following questions may help you understand your cocaine use. Read the questions and circle "Yes" or "No." Answering "Yes" to any of these questions may be a sign that cocaine is a problem and that you need help.

Questions to ask yourself

1. Have you used drugs other than those required for medical reasons? Yes No
2. Do you use more than one drug at a time? Yes No
3. Are you always able to stop using cocaine or other drugs when you want to? Yes No
4. Have you had "blackouts" or "flashbacks" as a result of your cocaine use? Yes No
5. Do you ever feel bad or guilty about your cocaine or drug use? Yes No
6. Have you neglected your family because of your use of drugs? Yes No
7. Have people ever confronted you or complained about your cocaine use? Yes No
8. Have you ever missed work or a social occasion because of cocaine use? Yes No
9. Has your cocaine use ever caused financial or legal problems? Yes No
10. Is your cocaine use interfering with your sleep or making you irritable? Yes No
11. Do you have to use more cocaine to get the same effects you once had? Yes No
12. Have you ever had withdrawal symptoms, or felt sick, when you stopped using cocaine? Yes No

Where to find help

- Cocaine Anonymous® World Services, Inc. at
- SAMHSA's National Helpline at
- If you are in a crisis or have thoughts of suicide or self-harm, call or text 988 right away. This is the 988 Suicide & Crisis Lifeline. You will be connected to a trained counselor you can talk to. There's also an [online chat option](#). You can also call Lifeline at 800-273-TALK (800-273-8255). The 988 Lifeline is free and available 24/7.