


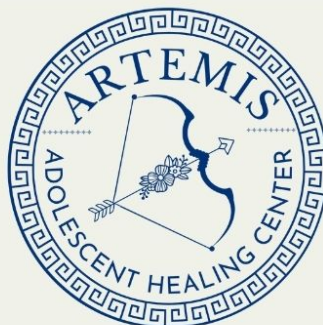
# QUIZ: Addictive Personality Traits in Teens

This checklist can help parents determine if their teen exhibits the symptoms of an addictive personality disorder. **Call the professionals at Artemis at 520.614.8647** to discuss results and learn more about receiving professional treatment.

*Instructions: Read each statement and check off any signs that apply to your child. .*

- ☐ Acts impulsively without considering consequences
- ☐ Takes frequent risks or engages in reckless activities
- ☐ Has trouble managing emotional stress or anger
- ☐ Shows an inability to delay gratification or wait for rewards
- ☐ Struggles with low self-esteem or self-worth
- ☐ Often bored and seeking constant stimulation
- ☐ Fixates on hobbies, interests, or routines to an extreme degree
- ☐ Has difficulty setting limits or stopping once started
- ☐ Rapid changes in mood or energy levels
- ☐ Hangs around with friends who also engage in risky behaviors
- ☐ Frequent secrecy or dishonesty about activities
- ☐ Uses unhealthy coping strategies to manage feelings
- ☐ Withdraws from family or isolates after conflict
- ☐ Engages in compulsive behaviors (shopping, gaming, eating, etc.)
- ☐ Expresses a strong need for control but struggles to maintain it

 **NEXT STEPS:** If you checked several boxes, your teen may be struggling with mental health concerns. While this quiz is not a diagnosis, it can help you decide to seek support. Call Artemis Adolescent Healing Center at 520.614.8647 to schedule a professional assessment and learn about personalized treatment options.



[artemisaz.com](http://artemisaz.com)