

Drug/Alcohol Continuum

Abstinence	Non-Problem Use	Incident	Substance Abuse	Dependency
Complete non-use of a substance	Using in moderation; appropriate behavior; no harm from use such as blackouts, fights, accidents, getting in trouble	An isolated event, a single episode of experiencing a problem/harm	A pattern of use with negative consequences and multiple incidents; using despite knowledge that use causes or contributes to problems; use in situations that are physically dangerous; moderation possible	Some indicators of need for further exploration include: <ul style="list-style-type: none"> • Tolerance • Periodic loss of control in terms of how much you use and/or behavior • Persistent desire or unsuccessful effort to cut down • Substance use despite knowledge that use causes or contributes to problems • Substance use criticized by family members or friends • Moderation difficult or impossible

Where do you place your friend on this continuum? Patterns around use can change over time- you may even notice changes over just a semester.