

HIGHS AND LOWS OF DRINKING

Abstinence

no alcohol consumption for personal, religious, or other reasons

Use

socially acceptable drinking

control over consumption

person chooses when and how much to drink

almost all users will misuse on occasion

Misuse

any use which is harmful or potentially harmful to self or others

negative effect on schoolwork, health, self, relationships due to alcohol consumption

weekend binge drinking

may drink because of social pressure, but then drinking goes beyond socially acceptable drinking

beginning to develop a pattern of drinking more than intended

Abuse

planned, systematic misuse of alcohol

preoccupied with partying

pattern of drinking more than intended develops

tolerance builds

may experience blackouts

increased negative effects because of alcohol consumption

may feel compelled to drink, rather than choose to drink

believes alcohol must be present for good times

Dependency

no control over drinking

compelled to drink

regularly drinks to the point of intoxication

drinking is the primary focus of the person's social activities

continues to drink in the face of problems resulting from drinking

the person can't predict with any reliability when he/she will drink or what he/she will do when drunk

blackouts occur

requires help to overcome problems with drinking

People may move up and down the slope, but once they get to the bottom, help is required to overcome problems with drinking.

Source: Bowling Green University
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For more information, contact the Center for Prevention and Outreach at 632-2748.