### Drug/Alcohol Continuum

<table>
<thead>
<tr>
<th>Abstinence</th>
<th>Non-Problem Use</th>
<th>Incident</th>
<th>Substance Abuse</th>
<th>Dependency</th>
</tr>
</thead>
</table>
| 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:  
  - Tolerance  
  - Periodic loss of control in terms of how much you use and/or behavior  
  - Persistent desire or unsuccessf ul 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.