**Abstinence**
no alcohol consumption for personal, religious, or other reasons

**Use**
socially acceptable drinking
control over consumption

**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

For more information, contact the Center for Prevention and Outreach at 632-2748.