

Are You  
Using Alcohol  
Safely?

Usage

Information

Guidelines

Moderate Alcohol Use Definitions



Alcohol limits can be affected by prescriptions and over-the-counter medications, and some existing medical conditions. Do not drink alcohol if you are pregnant or may be pregnant.

Standard Drink Sizes



The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.  
National Institute on Alcohol Abuse and Alcoholism, 2012

If it's important  
to you,  
read more  
inside:

## ABSTAINER

Never drinks alcohol

## LIGHT user

Only drinks once in a while, and limits number of drinks on those occasions

Few to no problems related to drinking

## MODERATE user

Has a few drinks a week; May get "buzzed" occasionally

Occasional difficulty keeping up with personal responsibilities

Able and/or willing to change habits with little to no support needed

Could be at increased risk of problems because of use

## HEAVY user

Drinks daily or every weekend and often gets "buzzed" or drunk

Drinking affects personal responsibilities

May have legal trouble or serious accident(s) due to use

Feelings of guilt about use or inability to cut back on use; Attempts or thoughts about cutting back or stopping all together

Growing tolerance (needing more alcohol to feel the same effects)

Has difficulty limiting drinking and/or needs support to limit or stop drinking

## DEPENDENT user

Daily alcohol use with serious negative effects

Unable to maintain responsibilities

Drinks in spite of drinking-related problems

May have physical withdrawal symptoms when not drinking

Needs support to limit or stop drinking

May require medical assistance, ongoing support

# Alcohol Use SCALE

## ASK YOURSELF:

- ▶ Where is My Alcohol Use NOW?
- ▶ Where Do I WANT it to Be?