

# Continuum of Substance Use

Where do you fall on the continuum?



## Substance-free

- Don't use
- Have never used or rarely used in the past

## Experimental

- Unsure of how substance(s) will affect you
- Lack of experience using substance(s)

## Regular use

- Currently use substance(s) and will use again
- Understande how substance(s) affect you from experience

## High-risk use

- Have unwanted experiences realted to substance use

## Living in recovery

- Change use to practice moderation, harm reduction and/or sobriety



Health Promotion

UNIVERSITY OF COLORADO BOULDER