

Montclair State University Counseling and Psychological Services (CAPS)

"SOMETIMES LESS.....IS MORE"

1. You consume alcohol in low to moderate amounts.

Your BAC is rising, but under **.06**

You will likely experience stimulating effects of alcohol (increases in arousal, energy, and confidence).

Alcohol initially depresses those parts of the brain that are responsible for inhibition and you have a "buzz".

2. You continue to drink.

Your BAC surpasses **.06** (or your BAC begins to fall)

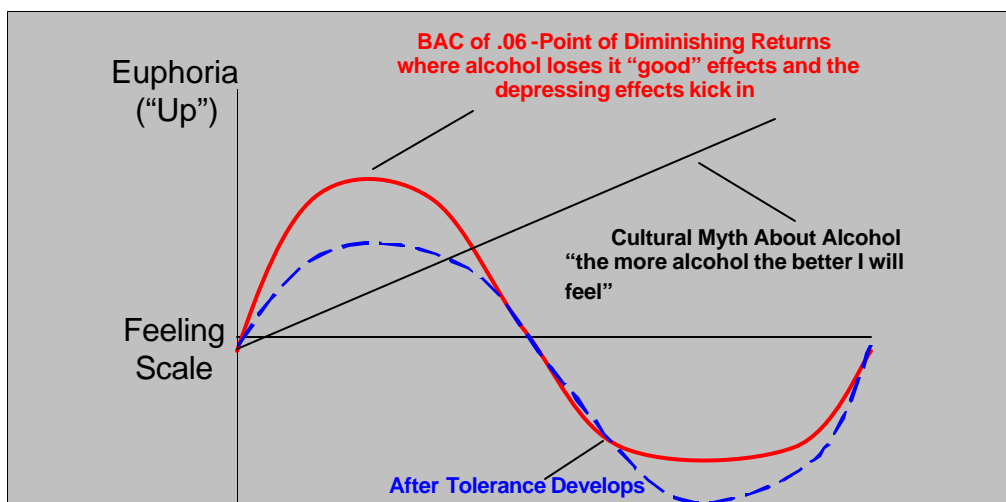
You begin to experience the true depressant effects of alcohol (fatigue, "slowing down", and lack of coordination).

3. In hopes of avoiding the depressing effects and regaining the initial stimulating effects of alcohol, you drink more.

4. Unfortunately, this ends up not working as planned.

The more alcohol you consume and subsequently the higher your BAC, the more you will experience the depressing effects of alcohol

Here is how this looks on a graph:



The information provided is for educational purposes only and in should not substitute consultation with a trained professional.

Counseling and Psychological Services

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