

The Cultural Myth: Is More Alcohol Better?

The Cultural Myth

Some people believe the buzz they get from alcohol will continue to get even better if they keep drinking more and more. The truth is, more doesn't always mean better.

"Buzz"
Stimulant
Euphoria

"Normal"
Sober

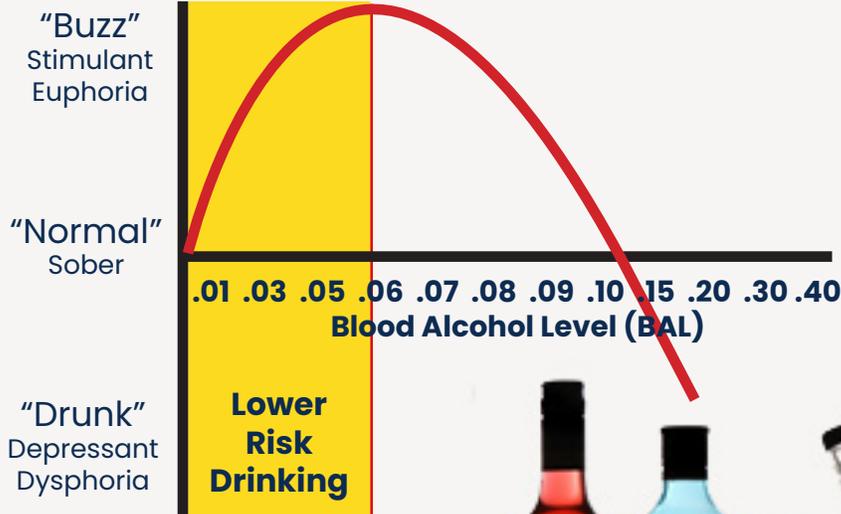
"Drunk"
Depressant
Dysphoria

.01 .03 .05 .06 .07 .08 .09 .10 .15 .20 .30 .40
Blood Alcohol Level (BAL)

How Alcohol Really Works:

Alcohol produces two different phases (Bi-phasic Response). In the first phase, you feel a little buzzed or excited. The second phase leads to intoxication which can cause slurred speech, decreased motor ability, and impaired thinking and judgment.

If a few drinks feel good, a lot of drinks will make me feel even better...

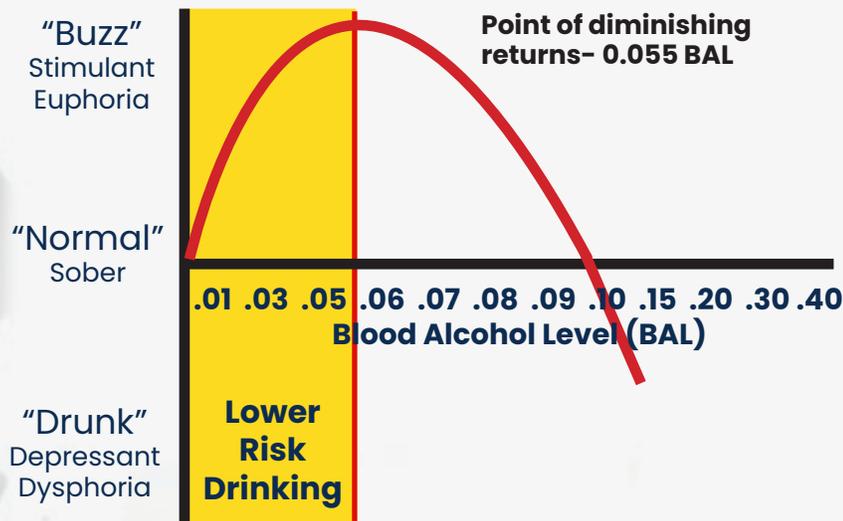
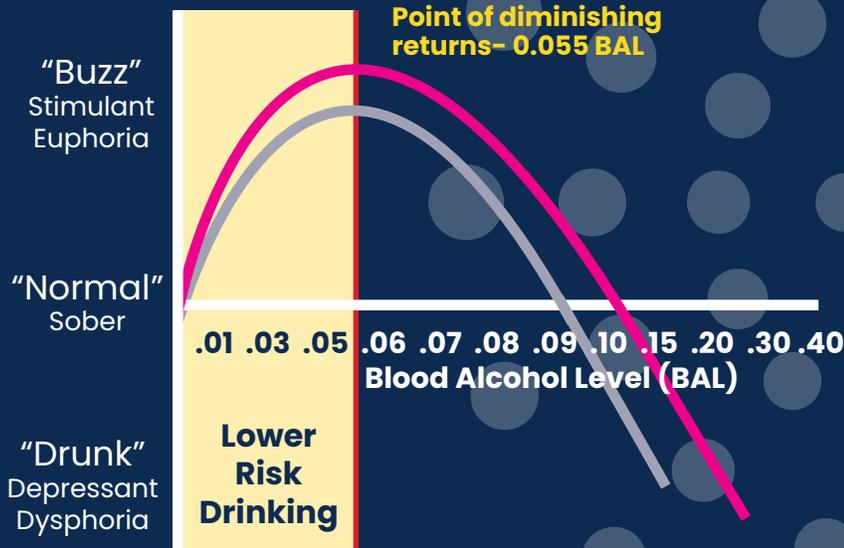


"But I have a high tolerance!"

Tolerance:
It's not a good thing...

Check out the graph to the left. The curved blue line shows that as you develop a tolerance, the buzz or positive feelings decrease. That means the negative phase lasts longer and your risk for negative experiences increases.

Is there a middle ground?



It's About Balance

The point of Diminishing Returns (.055 BAL or less) usually gives people the experience they want from drinking. It is also the point when drinking more will not make you feel better. After reaching this point, there's a strong chance you'll become physically ill or make regrettable decisions.