

T _T Use factor	↻ Earliest Use	↻ Regular Use	Habitual Use	Heavy Use
frequency	low	moderate	high	high
quantity	low	moderate	moderate	high
potency	low	moderate	moderate	high
functioning	high	high	high	low
physical effects	low	low	moderate	high
awareness of use patterns	high	high	moderate	low
effort needed to control	low	low	moderate	high
effectiveness of control	high	high	moderate	low
focus of attention	low	low	moderate	high
amount of effort to obtain, consume, recover	low	low	moderate	high
time spent (acquiring, using, recovering)	low	low	moderate	high
reasons for use	few	some	many	many
contexts	few	some	many	many
safety of use	high	high	high	low
triggers	few	few	some	many
withdrawal	low	low	moderate	high
tolerance	low	moderate	moderate	high
quality of the high	high	moderate	moderate	low
financial impacts	low	moderate	moderate	high
(typical) honesty about use patterns	high	high	moderate	low