

# Understanding Cannabis Abuse

## Objective

To identify if cannabis abuse is a problem for you.

## What to Know

Cannabis, commonly known as marijuana or weed, is a psychoactive substance that has been used for various purposes, including medicinal and recreational uses. While some individuals may use cannabis in moderation without adverse effects, others might find themselves struggling with overuse or dependency, leading to cannabis abuse.

Cannabis abuse occurs when its use becomes excessive or interferes with daily functioning, health, and overall well-being. Understanding the motivations, effects, and consequences of cannabis use is crucial in addressing any potential issues related to its abuse.

Heavy use typically refers to daily or more frequent use and can be a sign of dependence and cannabis use disorder. Exploring your cannabis use through self-reflection can be the first step toward recognizing problematic behaviors and seeking positive change.

Substance abuse, including cannabis abuse, can have serious implications for your health and quality of life. If you find that your cannabis use is causing distress, interfering with your ability to function, or impacting your relationships and responsibilities, seeking support is strongly encouraged. Overcoming substance abuse often requires professional guidance, support from loved ones, or participation in support groups.

This worksheet will help you reflect on your relationship with cannabis and its impact on your life.

## What to Do

The following criteria are symptoms of cannabis use disorder. Please check any of the statements that apply to you.

\_\_\_ **Loss of control.** I use marijuana for a longer period than intended, or I use more of the substance than intended.

\_\_\_ **Social impairment.** I don't engage in important work, social activities, hobbies, or recreational activities because of my cannabis use.

\_\_\_ **Inability to stop.** I have a desire to quit or to reduce the amount of cannabis I use but I'm not able to do it.

\_\_\_ **Ignoring risks.** I continue to use cannabis despite dangers that arise from its use.

\_\_\_ **Cravings.** I experience an urge to use cannabis when I'm not using it.

\_\_\_ **Frustration of existing issues.** I use cannabis even though it is worsening an existing physical or psychological problem.

\_\_\_ **Troubles in main spheres of life.** Due to the cannabis use, I'm unable to perform at home, work, or school.

\_\_\_ **Tolerance building.** Over time, I've found I need more cannabis to get the desired, familiar effect.

\_\_\_ **Disregarding problems caused by use.** Despite the negative impact that cannabis use is having on my relationships, I continue to use it.

\_\_\_ **Withdrawal.** When not taking the typical amount of cannabis – or when I stop using completely – I experience withdrawal symptoms.

\_\_\_ **Disproportionate focus.** I dedicate too much time and too many resources to cannabis use.

\_\_\_ Total checked statements.

To be diagnosed with a cannabis use disorder, you must manifest at least two of the above symptoms within a 12-month period.

Reflect on your cannabis use and its effects on various aspects of your life.

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Why do you use cannabis? (e.g., relaxation, coping with stress, social reasons, curiosity, etc.)

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How frequently do you use it, and in what quantities? \_\_\_\_\_

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How does cannabis affect your physical health? (e.g., sleep, appetite, energy levels)

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Have you noticed any changes in your mental health since using cannabis? (e.g., anxiety, mood swings, memory issues)

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How has cannabis use impacted your daily routine, responsibilities, and productivity? Explain.

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Have you faced any difficulties fulfilling obligations due to cannabis use? Explain.

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How does cannabis affect your relationships with friends, family, or significant others? Explain.

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Have there been instances where cannabis has caused conflicts or strained relationships? Explain.

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Are there specific triggers or situations that lead to increased cannabis use?

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Can you identify healthier coping mechanisms or activities to replace cannabis use in these situations? Describe.

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What are your thoughts and feelings about your cannabis use?

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Do you perceive it as a problem or a manageable behavior?

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Has anyone expressed concern about your cannabis use? Yes / No / Unsure

If yes, how did you respond?

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Are you open to seeking professional help or joining a support group to address your cannabis use? Why or why not?

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What kind of support or resources do you think might be helpful for you? Be specific.

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What are some short-term and long-term goals regarding your cannabis use?

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How do you envision your life without excessive cannabis use?

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Reflect on your responses. Consider the insights gained from this exercise and how they may influence your relationship with cannabis moving forward. Write down your ideas.

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### **Reflections on This Exercise**

What was challenging about this exercise? Be specific.

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Did anything surprise you about this exercise? If so, describe.

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How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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