A PAUSE, A PRACTICE, A NEXT STEP

Cannabis Use

Look at how cannabis fits into your day.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice a pattern

Think about the last time you used cannabis. Where were you? What did you hope it would do? Use that answer to choose support that fits.

01 / Notice and reflect

When do I usually use cannabis?

02 / Notice and reflect

What do I hope it will help me with?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk to a provider if cannabis gets in the way of work, school, relationships, or safe driving. If you are a teen, a trusted adult, school counselor, or healthcare provider can help you find support.

Read more: CDC · Signs that cannabis use may be a problem

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.