



Cannabis Addiction Warning Signs

The statements below reflect common patterns of addiction which may emerge with ongoing use of Cannabis. To assess your personal status and risk potential, review the below as honestly as you can, and consider seeking help at the Counseling Center.

Craving, Tolerance & Withdrawal

I spend a good amount of time thinking about using or getting Cannabis.

I don't get as high as I used to from similar quantities of Cannabis.

I've increased the amount I use over time to achieve the feeling I want.

When I don't use Cannabis, I'm uncomfortable emotionally and/or physically:
(Low appetite, mood changes, irritability, headaches, loss of focus, sweating/chills, uncomfortable tactile sensations, difficulty with relaxation or sleep, etc.)

Functional Impairment

I've noticed worsening focus / memory / mood / anxiety / sleep / appetite over time.

I've occasionally not been able to do what was expected of me after/while using.

Cannabis has hurt my grades, job, and/or my relationships with friends & family.

Since I've started using, I've stopped or lost interest in something I used to enjoy.

I've used Cannabis to manage an activity, such as sleeping, working, socializing, etc.

Loss of Control

I've used in larger amounts or for a longer period of time than I intended.

I've tried to set rules for my habit, but struggled to follow them.

I've worried about running out and/or not being able to use Cannabis.

I've used when it was dangerous or irresponsible to do so.

I've suffered a legal or disciplinary action as a consequence of Cannabis use.

Friends, family or others have expressed concern about me and/or my Cannabis habit.

I realize that my use is harming me in a variety of ways, but I continue to use regularly.