

Marijuana: The Hidden Hazards

Marijuana Addiction Counselor Guide Excerpts

To give you an idea of the topics covered in the **Marijuana: The Hidden Hazards** Counselor Guide, here is a list of the chapters:

- Introduction
- Note from the Producer to Treatment Professionals
- How to Use this Guide
- Discussion Questions
- Activity 1 : Attempts to Quit
- Activity 2 : Negative Consequences
- Activity 3 : Isolation
- Activity 4 : Impaired Judgement
- Activity 5 : Money
- Activity 6 : What Are Your Dreams
- Interview with Julia Ross, MA, MFCC
- Interview with Daryl Inaba, D. of Pharm
- Interview with Adolph Montana, MA

Below you will find two excerpts. A Discussion Questions page and an Activity page:

MARIJUANA ADDICTION DISCUSSION QUESTIONS

(Sample page)

In the opening of the tape, Dr. Inabe declares that there is now a "slew of evidence" that marijuana produces tolerance, causes withdrawal, and has all the hallmarks of an addictive substance. What do you think of this statement? Were you aware of it?

Dr. Inabe also defines addiction as "continued use despite negative consequences." If a person continues using despite having lots of problems resulting from his or her use, this indicates chemical dependency. Have *you* had any negative consequences from smoking pot? Consider the different areas Dr. Inabe named: relationship problems, financial problems, physical and mental health problems.

Rick continued using despite severe asthma. Even though he nearly died, as soon as he got out of the hospital, he went back to smoking pot. Would you say that is a sign that he was addicted? If so, why? If not, why not?

Rick eventually became so depressed that he tried to commit suicide. Do you think this depression was related to his smoking pot? Have you ever become depressed from smoking pot? Have you ever been depressed but didn't think it was related to your pot smoking?

The negative impact of marijuana smoking is usually much harder to see than that experienced by Rick. Has it been hard to see any negative impact from your marijuana smoking? Have other people seen it and mentioned it to you? What was your response?

Adam recalls how his whole life revolved around marijuana. He wasn't thinking about finishing school, getting married, having a family--any of the things other people think about. Were you ever like this, entirely focused on the present, and on smoking marijuana, as if nothing else mattered?

The tape teaches us that pot affects each person differently. To some people it acts as a central nervous system depressant, slowing them down, while for others it is a stimulant, giving them extra energy. How does it affect you? Has this changed over time?

Robert described how marijuana started to make him paranoid and introverted. He'd mostly stay home and just listen to music. This wasn't how it was when he started smoking. Did/do you become outgoing with marijuana, or have you tended to become more introverted and isolated over time?

Marijuana addiction usually involves daily use. How often were/are you using?

Activity #1: Attempts To Quit (sample activity)

Have you decided to quit smoking pot in the past but were not able to stop, or changed your mind about stopping after a few days or weeks? How many times?

How long was it before you used again?

What were you thinking or feeling when you used again? (e.g.: agitated, depressed, bored, low level cravings, etc.) Write out the thinking process (if any) that you experienced when you started to use again.

Now that you are aware of the *addictive* qualities of marijuana, is it possible that starting to use again was more a result of addiction than just a simple "decision" to use again? Explain how that addictive process may have contributed to your using again.