Cannabis: the first week

Write short, realistic answers. You can change this plan later.

My reason for changing

What matters to me beyond a number of days?

My usual smoking cues

Times, locations, people, feelings, and routines.

My response to a difficult evening

A small activity, a person, a change of setting, and a backup.

Sleep and appetite support

Gentle routines I can try; symptoms I will discuss with a clinician.

Keep this plan close

If the first idea does not help, use your backup and ask for support.

People and services

Name, phone, and what I can say when I call.

What would tell me I need more help?

Symptoms, worsening distress, or a plan to use that feels hard to interrupt.

The next safe step I will take

One concrete action I can do today; include a backup.

Safety note

Irritability, anxiety, lower appetite, and sleep disruption can occur after reducing or stopping frequent cannabis use.

Immediate danger or overdose: 911. Suicide crisis (Canada/U.S.): call or text 988.

Educational worksheet, not a diagnosis or medical withdrawal plan.