

Signs of Marijuana Addiction



The more you rely on using something to relax or help you feel better, the closer you get to substance use disorder and addiction. On the spectrum of addiction are marijuana use disorder and dependence on marijuana. Marijuana use can lead to a problem called marijuana use disorder. This becomes addiction when the person can't stop using the drug even though it interferes with aspects of their life. If you feel you are on the path to addiction, you can change your behavior. Caring people can help you.

Understanding your marijuana use

You may use marijuana to relax. But smoking it can make you feel lazy, insecure, and wary. It can cause short-term memory loss. And it can harm your lungs. There are many questions you can ask to help you understand your marijuana use. Below are a few. Read the questions. Then check yes or no for each. Follow up with your healthcare provider if you answer yes to any of these.

Questions to ask

Yes No

- ☐ ☐ Have you ever felt you should reduce your marijuana use?
- ☐ ☐ Are you concerned about your marijuana use?
- ☐ ☐ Do you think marijuana is not addictive?
- ☐ ☐ Do you use marijuana to escape from problems or to relax?
- ☐ ☐ Do you seek out people so you can smoke marijuana with them?
- ☐ ☐ Do you do things under the influence of marijuana that you wouldn't normally do?
- ☐ ☐ Do you worry that you'll run out of marijuana?
- ☐ ☐ Do you think marijuana makes you more creative and social?
- ☐ ☐ Does your throat ever feel raspy?
- ☐ ☐ Are you finding it harder to remember things that recently happened?
- ☐ ☐ Have you noticed you react more slowly to situations, even if they're serious?
- ☐ ☐ Do you ever feel bad or guilty about your marijuana use?

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