

## **Ask yourself these twelve questions to determine whether marijuana is a problem in your life.**

1. Has smoking stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you smoke to avoid dealing with your problems?
6. Do you smoke to cope with your feelings?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your smoking?
9. Has your use of marijuana caused problems with memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your smoking is damaging your relationship with them?

If you answered yes to one or more of these questions, you may have a problem.