

A short guide for  
learning how to  
reduce your use  
of cannabis on  
your own terms.



**Learn About Marijuana**

*Science-based information for the public*

[www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org)

Provided by the  
University of Washington  
Alcohol & Drug Abuse Institute

**ADAI**

ALCOHOL &  
DRUG ABUSE  
INSTITUTE

UNIVERSITY of WASHINGTON

# Tips

FOR REDUCING  
YOUR CANNABIS USE  
ON YOUR OWN

**1** **Think about your current patterns** of cannabis use. When do you use and how often? This can help you understand where you struggle with your use, and determine appropriate goals for reducing your use.

**2** **Make a list of reasons** why you want to cut back. Are you worried about your health? Is your use negatively affecting your relationships? Is it costing too much? Are you concerned about legal or employment issues?

**3** **Set clear, specific goals** for the amount of cannabis you want to use (for example, only two puffs per day). Don't just try to "smoke less".

**4** **Pick a day to begin** and write down what that change will look like.

**5** **Consider limiting the times** when you will allow yourself to use (for example, use only on weekends).



If it seems too daunting to reduce your use all at once, **try cutting out one day per week**, and when that becomes comfortable, add another, until you are using only when you want.

**6** **7** **Make a plan for how you will respond to cravings.** For example, when you get an urge to use cannabis, try waiting for 15 to 20 minutes before using. This short delay may reduce your craving, and several delays can add up to an overall decrease in use.

**8** **Tell your friends** about your goals, and ask them to respect your decision to cut back.

**9** **Plan other activities** on the days you plan to not use to keep you busy and engaged in other things.

**10** **Keep a written record** of your use, so you can see when you meet your goals, and when you struggle.

**11** If you normally use socially, **consider reducing your exposure** to friends when they are using. For example, catch up with them later, after they've already used, or head home earlier.



**12** **Spend more time** with friends who don't use.

**13** **Avoid situations** where you know you usually use heavily.

**14** If you typically use cannabis to relax, **think of other activities** that can help you de-stress. Take a walk, meditate, exercise...

**15** **Reward your success!** Collect money that you would have spent on cannabis and buy something you want, or do something fun! Having something to look forward to can be a motivator.

**Learn more at:**  
[www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org)