1. Presenting concerns

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

   Making changes?

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

   Is this how you feel now?

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

2. Good things about smoking

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

   Any others?

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
   ____________________________________________________
cannabis use

Age of first use ________________________________

Days used per week ________________________________

Days used past 60 days ________________________________

Typical amount used daily/weekly ________________________________

Usually on (when) ________________________________

Usually at (where) ________________________________

Usually with ________________________________

Longest period non-use ________________________________

Typical amount used past 90 days/year ________________________________

Typical amount of money spent per week/90 days/year $ __________

early experience with cannabis

How has it changed?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

What do you think of all that?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

less good things about smoking

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

comparing with other people

People your age who smoke less than you ________________________________

People your age who smoke the same or more than you ________________________________

other drug use

Alcohol use – amount ________________________________

Typical pattern ________________________________

Tobacco use ________________________________

Other drugs ________________________________

______________________________________________________________________________

risk perception

(4 most important risks for you)

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Problems – Cannabis Problems Questionnaire

Health issues

K10 (if applicable)

Social issues (relationships/work/school)

Legal issues

expected costs of reducing smoking

expected benefits of reducing smoking

Would this reduce criminal activity?

expected costs of increasing smoking

expected benefit of increasing smoking

Thoughts on this?
## Important Personal Goals

1. 
2. 
3. 
4. 
5. 

Confidence in your ability to reach goals

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Current involvement in your ability to reach these goals

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### Likelihood of achieving goals if you:

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## Immediate Cannabis Goals

**Importance of continuing current level of use**

**Interest in reducing/stopping**

**Importance of reducing/stopping**

Confidence in ability to reduce/stop

## The Future – So What Now?

How do/would you know you are smoking too much?

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## Other Comments

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## Your Relationships

- 
- 
- 
- 
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