

CBT Skill Acquisition: What About Marijuana?

Instructions:

Please circle the number that best describes how much you actually do the following things.
How much do you do the following right now?

	I don't know what this means.	I don't do this.	I do this a little.	I sometimes do this.	I mostly do this.	I always do this.
1. Plan activities for free time	0	1	2	3	4	5
2. Identify beliefs and behaviors that make my situation worse	0	1	2	3	4	5
3. Identify risk factors that might lead to a return to old behaviors	0	1	2	3	4	5
4. Engage in positive activities instead of behavior that is harmful to me or others	0	1	2	3	4	5
5. Purposefully do fun things when I am feeling bad	0	1	2	3	4	5
6. Catch myself when I jump to conclusions	0	1	2	3	4	5
7. Notice when I start to feel more distressed	0	1	2	3	4	5
8. Challenge my thoughts	0	1	2	3	4	5
9. Motivate myself by doing things	0	1	2	3	4	5
10. Socialize even though I don't feel like it	0	1	2	3	4	5
11. Plan my time during the week	0	1	2	3	4	5
12. Identify stressors that led me into behaviors that were harmful for me or others	0	1	2	3	4	5
13. Communicate my needs effectively	0	1	2	3	4	5
14. Catch my negative thought patterns at the time I have them	0	1	2	3	4	5
15. Keep track of signs and symptoms of returning to old behaviors	0	1	2	3	4	5
16. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5

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17. Consider how often I use marijuana and reduce my use when I feel like I am spending too much time using, experiencing or recovering from its effects	0	1	2	3	4	5
18. Think about how my use compares to others in the United States	0	1	2	3	4	5
19. Think about the effects or experience I am hoping to get from marijuana and consider whether there might be a more effective path (other than marijuana) to get the same result	0	1	2	3	4	5
20. Consider whether my marijuana use is affecting my performance at work and/or school	0	1	2	3	4	5
21. Consider whether my marijuana use is affecting the ways I choose to spend my money	0	1	2	3	4	5
22. Consider whether my marijuana use gets in the way of my ability to concentrate and focus on my work	0	1	2	3	4	5
23. Consider whether my marijuana use makes it difficult for me to remember things	0	1	2	3	4	5
24. Consider whether my marijuana use makes it more difficult for me to learn new material	0	1	2	3	4	5
25. Consider whether my marijuana use makes it difficult for me to follow routines	0	1	2	3	4	5
26. Consider the ways marijuana use has affected my physical health	0	1	2	3	4	5

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27. Consider the ways my marijuana use has impacted the quality of my sleep	0	1	2	3	4	5
28. Consider whether my marijuana use might be harmful because of my family's history of mental illness	0	1	2	3	4	5
29. Consider the ways marijuana's effects impair my driving	0	1	2	3	4	5
30. Consider whether my body is physically dependent on marijuana, requiring more or stronger marijuana to get the same effects and/or experiencing symptoms of withdrawal when the drug is not present	0	1	2	3	4	5
31. Consider whether I am psychologically dependent on marijuana, using it to escape or deal with unpleasant thoughts or feelings	0	1	2	3	4	5
32. Consider whether marijuana makes it harder for me to care about things that used to be important to me	0	1	2	3	4	5
33. Consider whether there are people in my life who care about me and wish I would not use marijuana	0	1	2	3	4	5
34. Think about what changes, if any, I want to make in my marijuana use	0	1	2	3	4	5
35. Think about what positive changes I would like to make in my life and how marijuana might affect those changes	0	1	2	3	4	5

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36. Avoid risky situations that might get in the way of me achieving the positive changes I want	0	1	2	3	4	5
37. Make modifications to my environment to support and encourage the changes I want to make	0	1	2	3	4	5
38. Ask supportive people to help me make changes by letting them know what I want to change and how they can help	0	1	2	3	4	5
39. Use physical relaxation strategies to help with the positive changes I am trying to make	0	1	2	3	4	5
40. Use mental relaxation strategies to help with the positive changes I am trying to make	0	1	2	3	4	5
41. Take steps to improve my sleep by practicing healthy sleep behaviors	0	1	2	3	4	5
42. Experience freedom by finding new roads – alternatives to marijuana use – to get the effects I want	0	1	2	3	4	5
43. When I notice myself feeling a lack of motivation to change, I remember my own reasons that these changes are important to me	0	1	2	3	4	5
44. Celebrate the positive steps I am taking related to considering what changes, if any, I want to make to my marijuana use	0	1	2	3	4	5
45. Have confidence that I will be successful with the changes I want to make related to marijuana use	0	1	2	3	4	5