ACCU

personal feedback report

Name: _ERIC   M._   Date: _22 . 11 . 14._

1 presenting concerns

Legal - record - DUI.
? curious

making changes?

Thinking about it but not in immediate
Future.

Is this how you feel now?

After what we spoke about last week is
considering cutting down a bit - Last
week got him Thinking a bit

2 good things about smoking

Relaxing
Helps sleep -
Fun - enjoys stuff more -
Feels good - escape from stress.

Any others?

NONE he can think of.

3 cannabis use

Age of first use _15_

Days used per week _every day_

Days used past 60 days _60 days_

Typical amount used daily/weekly _6-8 = 50-60 (approx 300 p.m.)_

Usually on (when) _waking up - coming home, then until bed._

Usually at (where) _at home alone_

Usually with _alone mostly._

Longest period non-use _One week._

Typical amount used past 90 days/year _300 pM = 3600 py = 5 years 18,000_

Typical amount of money spent per week/90 days/year $ _150 8000 - 5 years 40 + 3 years earlier ? 50-60K in 8 years_

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 _socially - 4-5 on each occassion_

Typical pattern _when out with friends or mates_

Tobacco use _occassional - 1 packet pr week._

Other drugs _only if around + someone offers but not regularly._

early experience with cannabis

How has it changed?

used to smoke with friends + have a "ball" when younger - now mostly at home alone - started out every now & then & it became daily within 3 years and it's been daily for the past 5 years.

What do you think of all that?

✳ _____

4 less good things about smoking

causes arguments & friction - stress "feel lik crap" sometimes the morning after a big night -

Others?

✳ _Now that you ask it's a bit costly_

✳ _not enjoying it as much as I used to - Its more like a habit - It doesn't have the same purpose -_

risk perception
(4 most important risks for you)

$ - might get into debt + start using cc

☺ - might get sick

lack of motivation

Rel'p problems

impact on work performance.

SDS _8/15 Moderately Dependant._

Problems – Cannabis Problems Questionnaire

ticked Yes to about 12 Q's

✳ Tell me more about this

Health issues

Persistent cough.

✳ health could be better given my age & stuff
I used to do

K10 (if applicable)

tired, nervous/anxious, worthless

Social issues (relationships/work/school)

$, personal issues, not happy living at home
sex is not as good, work. free time

Legal issues

yes - DUI - diversion - Fine or
record!

5 expected **costs of reducing** smoking

moody, lonely, anxious, bad temper, urges
sleep difficulty - "feel crappy"
bored, miss the high

expected **benefits of reducing** smoking

Think more clearly, better memory,
Healthier, happier (less fights) rel'ps would improve
More productive, more energy
better job opportunities. → more $

Would this reduce criminal activity?   yes - won't worry about
getting caught next time.

expected **costs of increasing** smoking

major debt maybe
lose gf.
live at home forever
get busted again.

expected **benefit of increasing** smoking

not sure there are any - something to do.

Thoughts on this?

6 important personal goals

1 CAR – Nissan pulsar
2 Rel'p – brother, Parents & girlfriend & her parents
3 Apartment – 2 bedder with balcony.
4 more money to do stuff
5 Holiday in Hawaii surfing.

Confidence in your ability to reach goals	Current involvement in your ability to reach these goals
1 5	1 0
2 5	2 5
3 5	3 0
4 5	4 0
5 5	5 0

likelihood of achieving goals if you:

Increase use	Decrease use
1 0	1 8
2 0	2 8
3 0	3 8
4 0	4 8
5 0	5 8

7 your relationships

Brother – loser
TIM – doesn't care
BOSS – disappointed.

8 immediate cannabis goals

Importance of continuing current level of use   5

Interest in reducing/stopping   *right now*   3

Importance of reducing/stopping in general.   5—7

Confidence in ability to reduce/stop   2—3 .

9 the future – so what now?

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

other comments

4