record it!

ncpic

national cannabis
prevention and
information centre

Cannabis self-monitoring diary

This diary is to help you understand and reduce your use of cannabis. Please use this booklet to tally the number of cannabis joints/cones/pipes you use during your quit attempt.

Each daily record has a space for you to record Situations, Emotions, and Motives. Situations are the people, places, and things that surround you while you use cannabis. Emotions are how you feel right before you use cannabis. Motives are the reasons that lead you to using cannabis. You may use cannabis for more than one reason. Thus, be sure to list every motive that you think fits.

For the purposes of this self-monitoring booklet, motives fall into five categories:

F **Fit-in (F)** – Using cannabis to be liked, to fit in, or not to feel left out

A **Amplification (A)** – Using cannabis to boost awareness or understand things differently

C **Coping (C)** – Using cannabis to relax, forget about worries and problems, to cheer up, or to have a good time when I'm not enjoying myself

E **Enhancement (E)** – Using cannabis because I like the pleasant feeling, because it's fun

S **Social (S)** – Using cannabis to make a fun social gathering even more fun

It is important that you record your Use, Situations, Emotions, and Motives at the time you reach for a joint/cone/pipe, as memories can be wrong.

In addition, please record the Outcomes of your use. Outcomes include both the short-term and long-term consequences of your use. For example, did your reason for using come true? If so, was the result long-lasting or did the outcome(s) change over time?

Starting date:

Quit date:

Self-Monitoring Example

Date: Monday Feb 7

Time	Amount smoked (how many cones/joints you used)	Situation (where you were, who you were with, and what things were around you when using)	Emotions (how you felt just before you smoked cannabis)	Motives (the reason(s) you used. Please refer to the Motives list (F, A, C, E, S) and write the letter(s) that best describe(s) your reasons for use)	Outcomes (the short- and long-term consequences of your use)
10 am	1 cone	Just woke up. At home alone, watching TV.	Tense and uptight	C: I'm smoking because I want to relax and forget about the argument I had with my girlfriend the night before.	Felt relaxed after the smoke for about 1 hour. Then felt tense again when I thought about the fight.
2pm	3 cones	At Craig's house just hanging out.	Bored, still a little tense and anxious	E: I'm smoking with Craig because I want to feel stoned. S: I'm smoking because I want to enjoy hanging out with Craig more. C: I'm smoking to stop worrying about the fight with my girlfriend.	Stopped thinking about my girlfriend for awhile, had a good time with Craig. Later started worrying about my girlfriend again.
6pm	2 cones	Back at home in my room alone listening to music.	Bored	C: I'm smoking because I am bored and have nothing else to do. A: I'm smoking to make my music more interesting.	Felt a bit better for awhile. Enjoyed the music.
9pm	1 joint	Party with friends from work.	Happy, yet a little worried about talking to people I don't know very well	C: I'm smoking because it relaxes me and makes it easier for me to talk to people that I don't know very well. S: I'm smoking to increase my enjoyment of this party. F: Everyone smokes at these parties – I'd feel left out if I didn't smoke too.	Made it much easier to talk to people. Didn't feel left out.
1am	1 cone	At home, on couch.	Indifferent	C: I'm smoking to help me sleep.	Went to sleep. Need to smoke every night to fall asleep.

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For more information contact:

Cannabis Information and Helpline	**1800 30 40 50 (toll free)**

Useful websites include the following:

National Cannabis Prevention and Information Centre	**www.ncpic.org.au**
Family Drug Support	**www.fds.org.au**
Alcohol and Drug Information Network (ADIN)	**www.adin.com.au**
Australian Drug Foundation (ADF)	**www.adf.org.au**
Reachout – an interactive website for young people	**www.reachout.com.au**

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