

Quitting Weed Gradually.

Current Intake

Write down your current intake on average basis.

STEP 01



STEP 02

Cutting Down

Write down the amount you want to cut down gradually.
Be realistic.

A Timeline

Put your plans to cut back on a specific schedule.
You will have a quit day.

STEP 03



STEP 04

Be Patient

It is okay to go more slowly than you set out.
Be flexible and patient.

Coping Skills

Find new ways to cope with anxiety, depression and triggers.

STEP 05



Stop Smoking Kick The Weed Once And For All

Wenbin Ji



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