GoalTodo

Quit or cut down on weed: count a week, then stop or step down

Quit or cut down on weed

8 weeks · Mon, Nov 30 → Sun, Jan 24

Week by week

Tick a box each time you do a session.

Nov 30–Dec 6
Week 1

Count one ordinary week, and pick your quit day

Count

- [ ] Write down each time you use: the time, where you are, who you're with, how much, and why (bored, stressed, to sleep, with friends)
  every time, in the same unit and product each time: joints, bowls, hits, grams, or mg of THC for edibles
- [ ] Add up the week and write the total at the bottom of your notes
  one total for the seven days
- [ ] Pick your quit day: Monday of next week. Write it down where you'll see it
- [ ] Tell one person your quit day and ask them to check in with you in the first week
- [ ] Write down your reasons for stopping and keep them on your phone
- [ ] Get rid of everything you use it with: weed, edibles, papers, grinders, pipes, bongs and vapes, at home, in the car and in your bags

Done when: You have a written total for seven ordinary days, your quit day is set, one person knows it, and there's nothing left to use at home

Sticking point: Pick a week that is ordinary for you, not a quiet one, and don't change anything yet. Before week two, read "Before you start": if you use every day, have had a hard time stopping before, or have a mental health condition, talk to a doctor first.

Dec 7–13
Week 2

Your first days without it

Quit week

- [ ] Quit day: no weed at all, in any form
- [ ] When a craving comes, let it pass: get up and do something else for a while, breathe slowly, read your reasons
  every craving
- [ ] Fill the times you used to use, from your first week's notes, with something planned: a walk, a shower, a call, a game, cooking
  each usual time
- [ ] Check in with your support person
  a message or a call
- [ ] Write one line on how you slept and how you feel
  one line

Done when: You get through quit day without using, and reach Sunday still weed-free

Sticking point: Withdrawal usually starts within a day or two of stopping and is usually at its worst in the first four days. Feeling irritable, anxious, restless or low, and sleeping badly, is part of it. Keep these days light and plan your evenings.

Dec 14–20
Week 3

Sleep, dreams and appetite

First weeks

- [ ] Keep going: no weed, in any form ☐☐☐☐☐☐☐
- [ ] Let each craving pass, and do something else while it does
  every craving ☐☐☐☐☐☐☐
- [ ] Go to bed and get up at about the same time each day, even after a bad night ☐☐☐☐☐☐☐
- [ ] Eat regular meals, even small ones, if your appetite is low ☐☐☐☐☐☐☐
- [ ] Check in with your support person ☐☐

Done when: You've gone a second full week without using

Sticking point: Trouble sleeping, vivid dreams and a low appetite are common in the first weeks. Your appetite may drop for a while, and your sleep may take longer than the rest to settle. If it feels like too much, talk to your doctor now, not later.

Dec 21–27
Week 4

Change the routines around it

First weeks

- [ ] Keep going: no weed, in any form ☐☐☐☐☐☐☐
- [ ] Ask friends who use not to offer it to you, and not to use around you for now ☐
- [ ] Change one routine that went with using: a new way to wind down at night, a different route home, a new weekend plan ☐
- [ ] Check in with your support person ☐☐

Done when: You've gone three weeks without using, and the people around you know you've stopped

Sticking point: Withdrawal is mostly gone for most people by about three weeks. Cravings can keep coming after that, often at the old times and places.

Dec 28–Jan 3
Week 5

Look back at your first week

First month

- [ ] Keep going: no weed, in any form ☐☐☐☐☐☐☐
- [ ] Read your first week's notes: which times, places and feelings are still hard? Plan one new answer for each ☐
- [ ] Check in with your support person ☐

Done when: You've gone four weeks without using, and you have a written answer for each of your hardest times

Sticking point: Feeling better can make you think once won't hurt. Decide now what you'll say to yourself when that thought comes.

Jan 4–10
Week 6

A weed-free month

First month

- [ ] Mark your weed-free month on Tuesday, your 30th day without it
- [ ] Keep going: no weed, in any form
- [ ] Tell your support person you've made a month, and thank them

Done when: You reach day 30 without using

Jan 11–17
Week 7

Ready for the risky moments

Keep going

- [ ] Keep going: no weed, in any form
- [ ] Write a short plan for one high-risk moment: a party, a bad day, a sleepless night, a trip

Done when: You have a written plan for your riskiest situation, and you're still weed-free

Sticking point: A strong craving after weeks of calm is normal. It doesn't mean the plan has stopped working.

Jan 18–24
Week 8

Look back and keep going

Keep going

- [ ] Keep going: no weed, in any form
- [ ] Compare now with your first week: your sleep, your mood, your money, your time. Add what's better to your reasons
- [ ] Ask your support person to keep checking in once a month

Done when: You finish the week weed-free, you've added what's better since your first week to your reasons, and your support person has agreed to check in once a month

How the plan works

There are three steps, in this order:

1. Count one ordinary week. Write down each time you use: when, where, how much and why. Don't change anything yet. This is your starting point, and it shows you your triggers: the times, places, people and feelings that go with using.

2. Choose: stop, or cut down. Either you stop completely on a quit day (the plan puts it on the Monday of week 2), or you step down week by week: use-free days, a later start, smaller amounts, then half of what you started with.

3. Know what changes when. If you've used regularly, stopping or cutting back can bring withdrawal for a few weeks. The section below says when to expect it, so it doesn't catch you off guard.

The lengths are GoalTodo's own pacing: the sources this plan draws on describe withdrawal and where to get help, but don't prescribe a number of weeks. If a week didn't go to plan, repeat it rather than move on.

This plan doesn't judge and doesn't give legal advice. Whether weed is legal where you live doesn't change any of the steps.

Which level to pick

▪ I want to stop: a week of counting, then a quit day and seven weeks of staying stopped, one day at a time. 8 weeks.

▪ I want to cut down: a week of counting, then use-free days and smaller amounts, down to half of your first week or less, with at least three use-free days. 10 weeks.

Not sure? Count your week first: it's the same for both levels. If the total surprises you, or cutting down has never held for long, the stop level may be easier: a clear line is often simpler to keep than a limit. You can also cut down first and choose to stop in week 10.

What changes when

Withdrawal can happen when someone who has used regularly stops or reduces use. It's usually mild, and it passes. What people commonly notice:

▪ feeling irritable, angry, anxious or restless

▪ feeling low or down

▪ trouble sleeping, and vivid or intense dreams

▪ cravings, a strong urge to use

▪ a lower appetite, or feeling sick

When: symptoms usually begin within a day or two of stopping, are usually at their worst in the first one to four days, and are mostly gone within about three weeks. That's why the plan's first three weeks carry the most support: planned evenings, a steady bedtime and check-ins with your support person.

Cravings can keep coming after that, at the old times and places. They pass, and they come less often the longer you go.

If you think you're dependent on weed, or withdrawal is hard to cope with, talk to your doctor.

Before you start

Talk to a doctor before you start if:

▪ you use every day, or have tried to stop before and found the withdrawal hard

▪ you have a mental health condition, or take medicines for one

▪ you're pregnant or breastfeeding

▪ a doctor prescribed cannabis to you: talk to them before you change how you take it

See a doctor straight away if you have signs of psychosis: seeing or hearing things other people can't, believing things that aren't true (such as people being out to harm you), or thoughts and speech that become fast and confused. The NHS says to see a GP immediately with symptoms of psychosis.

If you feel very low or have thoughts of harming yourself, contact a crisis line now, day or night: call or text 988 in the US and in Canada, call Samaritans free on 116 123 in the UK, or Lifeline on 13 11 14 in Australia. If you're in immediate danger, call your local emergency number (999 in the UK, 911 in the US).

If you also mix weed with tobacco, you may be giving up nicotine too. The Quit smoking or vaping plan can run alongside this one.

Support by country

You don't have to do this on willpower alone. Talking therapies, such as cognitive behavioural therapy, can help people who find it hard to stop, and a doctor is a good first step anywhere.

▪ US: SAMHSA's National Helpline, 1-800-662-4357 (1-800-662-HELP), for referrals to substance use and mental health treatment programs near you.

▪ UK: FRANK, 0300 123 6600, the UK government's drugs information service. A GP is a good place to start, and you can also go to your local drug service yourself.

▪ Australia: the National Alcohol and Other Drug Hotline, 1800 250 015, for free and confidential advice, information and counselling.

▪ Canada: help with substance use is run by each province and territory. Ask your doctor, or look up your province or territory's health services for substance use support.

Crisis lines: 988 (call or text) in the US and in Canada, Samaritans 116 123 in the UK, Lifeline 13 11 14 in Australia.

Tools

▪ Somewhere to count: a notebook or your phone's notes. Write each time down when it happens, not later, and use the same unit and product every time (joints, bowls, hits or grams) so the weekly totals compare. For edibles, count the milligrams of THC on the label. A stronger product or bigger amounts can cancel out a lower count, so if what you use changes, treat the targets as rough and count your use-free days too.

▪ One support person who knows your plan and checks in with you.

▪ A plan for your usual times: something ready for the evenings, weekends or moments when you'd normally use.

▪ Something for your hands and mouth: gum, a drink you like, a stress ball.

▪ A wind-down routine for bed, since sleep is often the last thing to settle.

▪ Your reasons, written down where you'll see them.

Common mistakes

▪ Counting a good week. Your first count should be an ordinary one, or half of it means little.

▪ Keeping some "just in case". On the stop level, get rid of everything the night before your quit day.

▪ Not planning the evenings. The times you used to use are when cravings come. Fill them before they arrive.

▪ Reading a bad night as failure. Poor sleep and strange dreams in the first weeks are withdrawal, not a sign the plan isn't working.

▪ Saving up on the cut-down level. Use-free days don't mean more on the others. Decide the amount before you start.

▪ Giving up after a slip. Write down what led to it, plan for that, and carry on with the week you're on.

▪ Going it alone when it's hard. Your doctor and your country's support line are there for exactly this.

Keeping it up

After the last week there are no more weekly tasks. Keep three things going:

▪ Your plan for risky moments. Update it when your life changes: a new job, a move, a hard loss.

▪ The count, once a month. On the cut-down level, add up one week a month and compare it with your first. If it's creeping back above half, go back to "Three use-free days" for two weeks.

▪ A monthly check-in with your support person.

If you go back to using, you haven't failed. Look at what helped and what got in the way, count one ordinary week again, and choose your level. If you keep finding you can't stick to the plan however you set it up, talk to a doctor or call your country's support line: that's the next right step, not the end.

If you fall behind

Missed 1 week: Slips happen. Write down what led to it, tell your support person, and repeat the week you're on rather than moving on.

Missed 2 weeks: Go back to the last week you finished in full and do it again before you carry on. On the stop level, if you've used again, set a new quit day for next Monday and start again at the quit week.

Missed 3 weeks: Count one ordinary week again, honestly, without changing anything. Then restart: at the quit week on "I want to stop", or at "Two use-free days" on "I want to cut down". Your first counted week stays the number to halve. Enter a new date on the plan page if you need one.

Missed 4 or more weeks: Count a week again and pick the level that fits that count, with a new date on the plan page. If you keep finding you can't stick to the plan, talk to a doctor or call your country's support line: getting help is part of the plan, not a sign you failed.

Sources

Alcohol and Drug Foundation (Australia)
`https://adf.org.au/drug-facts/cannabis/`
“Withdrawal refers to the symptoms that can occur when someone who is dependent on THC, or has used it regularly over time, stops or reduces use.”

Alcohol and Drug Foundation (Australia)
`https://adf.org.au/drug-facts/cannabis/`
“Withdrawal symptoms are usually mild. They begin within 1-2 days of stopping use, and typically are mostly gone within three weeks.”

Alcohol and Drug Foundation (Australia)
`https://adf.org.au/drug-facts/cannabis/`
“Call the National Alcohol and Other Drug Hotline on 1800 250 015 for free and confidential advice, information and counselling about alcohol and other drugs”

healthdirect (Australian Government)
`https://www.healthdirect.gov.au/healthy-living/alcohol-and-drugs/marijuana`
“These problems are usually at their worst 1 to 4 days after quitting and may last about 3 weeks.”

healthdirect (Australian Government)
`https://www.healthdirect.gov.au/healthy-living/alcohol-and-drugs/marijuana`
“If you are think you are dependent on cannabis or you are experiencing problems with withdrawal, seek help and speak with your doctor.”

healthdirect (Australian Government)
`https://www.healthdirect.gov.au/healthy-living/alcohol-and-drugs/marijuana`
“For help and support, call Lifeline on 13 11 14.”

NHS
`https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/`
“There is help available if you want advice and support, or want to cut down or stop.”

NHS
`https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/`
“A GP may be a good place to start.”

NHS
`https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/`
“If you're having trouble finding the right sort of help, call the Frank drugs helpline on 0300 123 6600.”

NHS
`https://www.nhs.uk/mental-health/conditions/psychosis/overview/`
“Psychosis is when people lose some contact with reality.”

NHS
`https://www.nhs.uk/mental-health/conditions/psychosis/overview/`
“You should see a GP immediately if you're experiencing symptoms of psychosis.”

NIDA (US National Institute on Drug Abuse)
`https://nida.nih.gov/research-topics/cannabis-marijuana`
“A person may have withdrawal symptoms after stopping or significantly decreasing heavy or long-term cannabis use, even if they don’t have cannabis use disorder.”

NIDA (US National Institute on Drug Abuse)
`https://nida.nih.gov/research-topics/cannabis-marijuana`
“Research shows that behavioral interventions such as cognitive behavioral therapy, motivational enhancement therapy, and contingency management can be effective in treating cannabis use disorder.”

NIDA (US National Institute on Drug Abuse)
`https://nida.nih.gov/research-topics/cannabis-marijuana`
“For referrals to substance use and mental health treatment programs, call the Substance Abuse and Mental Health Administration (SAMHSA) National Helpline at 1-800-662-HELP (4357) or visit www.FindTreatment.gov to find a qualified healthcare provider in your area.”

988 Suicide & Crisis Lifeline (US)
`https://988lifeline.org/`
“If you need emotional support, reach out to the national mental health hotline: 988.”

988 Suicide & Crisis Lifeline (US)
`https://988lifeline.org/`
“The 988 Lifeline is available 24/7/365.”

9-8-8: Suicide Crisis Helpline (Canada)
`https://988.ca/get-help/help-right-now`
“It’s never wrong to call or text 9-8-8.”

9-8-8: Suicide Crisis Helpline (Canada)
`https://988.ca/get-help/help-right-now`
“Call 9-8-8 any time.”

Samaritans
`https://www.samaritans.org/how-we-can-help/contact-samaritan/`
“Whatever you're going through, you can call us any time, from any phone for FREE.”

Samaritans
`https://www.samaritans.org/how-we-can-help/contact-samaritan/`
“You do not need to have any credit or call allowance on your plan to call 116 123.”

Health Canada
`https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/personal-use/how-read-understand-cannabis-product-label.html`
“If a package of edible cannabis says "Total THC 10 mg", that means that the entire package contains 10 mg of THC”

This plan online	`https://goaltodo.com/quit-weed`
Reach it with others on Welang	`https://welang.com/goals`
Reach it on your own in HourLife	`https://www.hourlife.com`

This plan is a guide, not medical advice. See a doctor before starting if you have a health condition, are pregnant, or haven't exercised in a long time.