



## Addiction and substance use.

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Before she started smoking marijuana, Jenny describes always jumping from activity to activity, which led her to not have time even to stop and feel stressed. Jenny discusses that her marijuana use started as a fun recreational activity and over time became a more regular habit as the pot alleviated her stress. Jenny has significant feelings of stress, with her thoughts constantly swirling, which the pot helps to calm. When Jenny experiences stress, she describes feelings of panic and being unable to breathe; her heart starts racing, her vision blurs, and she can't immediately calm herself down. Eventually, she does calm down, but the stressful episode can last for hours. Socially, Jenny has multiple friends she feels she can talk to about her problems. Her friend Riley, she points out, also smokes pot to deal with stress. Upon further reflection, Jenny recognizes that she is spending more time alone, doesn't hang out with her family as much, but feels this is so that she can be at peace and be herself. Even though Jenny understands that her decline in motivation can be connected to her marijuana use, the relief from stress outweighs the side effects. While Jenny is open to learning new techniques to deal with her stress and would love to reestablish her relationship with her mother, Jenny is reluctant to decrease her pot use because it helps provide near instantaneously relief for her stress

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