



Mar-Anon Family Groups

Support and hope for those affected by another's marijuana use

About Us

Mar-Anon is a fellowship of those affected by another person's marijuana use. Its foundation is the Twelve Steps, adapted from Marijuana Anonymous, which can be a powerful, life-changing tool. We come together to work the steps and offer hope, comfort, and support for other members. We use the steps as a path of self-discovery and personal change.

The words marijuana, cannabis, and pot are being used interchangeably.



You are not alone.

Mar-Anon.com
maranon.group@gmail.com



Mar-Anon.com

What is CUD, Cannabis Use Disorder?



Mar-Anon Family Groups

Support and hope for those affected by another's marijuana use

Mar-Anon.com
maranon.group@gmail.com

What is CUD, Cannabis Use Disorder?

Cannabis Use Disorder is also known as an addiction or dependency to THC (Tetrahydrocannabinol), a chemical in the marijuana plant.

Professionals diagnose cannabis use disorder by the following criteria of symptoms that are listed below.

Mild CUD - 2 to 3 symptoms

Moderate CUD - 4 to 5 symptoms

Severe CUD - 6 or more symptoms

Do people experience withdrawal symptoms?

Yes, some people do have withdrawal symptoms which can include:

- Irritability
- Anger/aggressiveness
- Anxiety
- Sleep disturbances/nightmares
- Decreased appetite
- Restlessness
- Depression
- Abdominal pain
- Fever/chills/sweating
- Headache
- Tremors/shakiness

Symptoms of Cannabis Use Disorder.

According to the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DMS-5), here is a summary of symptoms:

- Use for at least 1 year
- Using larger amounts over a longer period of time
- Failed efforts to discontinue or reduce use
- A significant amount of time seeking or using cannabis, or recovering from the negative effects of cannabis
- Cravings or desire to use cannabis
- Continued use despite adverse consequences
- Work, school, hygiene, responsibility to family and friends are superseded by the desire to use
- Use of cannabis during activities like driving and operating heavy equipment
- Continued use despite physical and/or psychological problems
- Larger amounts of cannabis needed to get the desired effects
- Withdrawal symptoms

National Institute on Drug Abuse: Recent data suggest 30% of those who use marijuana may have some degree of CUD.

<https://www.drugabuse.gov/publications/research-reports/marijuana/references>

Why are more people becoming addicted to marijuana?

- Increase in potency/concentrations of THC in marijuana products
- Increased accessibility
- Decreased perception of risks or harms
- Normalization and commercialization

Please note, some organizations feel using the word "addict" is shaming and stigmatizing the person with CUD and prefer using the following statement: "a person has **Substance/Cannabis Use Disorder".*

The information in this pamphlet has been verified by a professional organization that is not affiliated with Mar-anon.



iasic1.org



Contact us at:

maranon.group@gmail.com

Our website is mar-anon.com

