

## How To Stop Smoking Weed - The 4 Crucial Steps To Help You Finally Stop Smoking Weed!

How often have you decided to stop smoking weed? If you're anything like me, it's when you are getting to the end of your stash and you decide it's time to turn over a new leaf. However, do you actually quit smoking weed when your stash is finished. Hell No! You buy another baggy and start the whole process over again.

I personally have been smoking weed, pot, whatever you want to call it for over 15 years. I finally gave up last year, but learnt a lot of things about myself (and my friends) along the way. In this article i wish to introduce you to the crucial steps to help you stop smoking weed!

1) Realise this is an addiction and try and understand why - I finally came to a realization that i was addicted to marijuana. During the previous 15 years i kidded myself that my weed smoking wasn't an addiction and i could give it up any time i wanted to. The problem with weed is many people will tell you that it isn't a physical addiction, but rather a psychological addiction.

To an extent this may be true, however, there are certain physical withdrawal symptoms once you stop smoking weed. Just try and remember throughout the "giving-up" process, that you are not addicted to weed, but you are addicted to getting high or experiencing a high. Try and replace this high in your life and try and make this as healthy and exciting a new high as possible. (Don't turn to drink as alcoholism is only a step away!)

2) Have a specific "give-up" date in mind. As i mentioned earlier, many of us decide to stop smoking weed as soon as we finish our current stash. Usually in this situation you puff away frantically and try and finish that baggy as quickly as possible. This is because you are absolutely convinced that this is your last bag EVER of weed and you want to get it out the way as quickly as possible. However, as soon as you finish that bag, you buy another and the same process starts over again and again!

Sound familiar? If you have a specific date in mind that you wish to stop smoking weed you will have a far better chance of quitting. Remember if you are to finally quit smoking weed, this is a huge lifestyle change. So take it seriously and stop waiting for yourself to finish your next stash. Pick a date and stick to it!

3) Get Rid Of Your Gear & Gadgets - You know as well as me, if you're a pot/weed smoker you are going to have a little drawer full of the tools of the trade. Rizla papers, lighters, pipes, bong, grinders, roach material. It's time to throw all this stuff away. I used to stop myself from doing this as i would convince myself that i'd need them again sometime. However, it was at this point that i understood that i was serious enough about trying to stop smoking weed.

If you're serious, get rid of all your drugs paraphernalia. If you are suffering from cravings, it's easier to overcome these if you are not faced with ANY temptation. I even recall looking through jacket, trouser and shirt pockets for little morsels of weed when i was desperate. I've even found myself digging through the trash in the hope of finding a butt or a bud! Just get everything associated with smoking marijuana out of your house.

4) Perhaps it's time to get new friends - This was one of the hardest stages of quitting for me. You have to realise that marijuana is a social drug and if you really want to stop smoking weed, you will probably have to stop hanging out with your current buddies. My friends were verbally supportive of me and all thought it was a great idea when i announced that i was going to quit smoking weed.

However, being verbally supportive is not the same! I often went out with friends who would already be a little wired from smoking a reefer or would be handing a joint around in front of me. I realised i cannot force other people to change their habits and ways, it was down to me to change. Unfortunately the only way to stop smoking weed is to stop hanging out with friends who still smoke!

### About the Author

WARNING: Is your smoking habit leaving you in a permanent Purple Haze? The next page contains some of the most shocking, yet enlightening information about how to [Stop Smoking Marijuana](#) that you will ever read. You simply cannot afford to miss this - [CLICK HERE](#)

Source: <http://www.articlegods.com>