

5 Plan some rewards for yourself

Quitting and cutting down will leave you with more money, energy, time and pride – so treat yourself!



6 Get some support

Most people need support when they want to change. You might need different types of support from different people. Who can you talk to about wanting to quit? Who can support you? Who makes you feel strong? Who can you have fun with who doesn't use gunja?

Think about:

- ELDERS
- PARTNER OR CHILDREN
- PARENTS
- COUSINS AND FRIENDS
- SIBLINGS
- WORKER AT THE HEALTH SERVICE
- TRADITIONAL HEALER



Could it be?
the **GUNJA**?



HELP FOR PEOPLE WHO
WANT TO CUT DOWN OR
QUIT GUNJA

Contacts



Gunja isn't our culture, it harms our spirit

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Remember why you want to cut down or quit

	Good things	Not good things
GUNJA		
Quitting/ Cut down		

Steps to quitting or cutting down

If you are planning to quit or cut down, there will be things you need to change. These steps can help you make those changes. Ask a worker, family member or friend to help you through the steps.

1 Pick a goal and a start date

If your goal is to quit, pick a start day.

If your goal is to cut down, work out how much you will cut down and when. List the important times to be not stoned, and go through the steps to help you keep off the gunja at those times.

2 Think about when you use gunja - what are your triggers?

- STRESS
- DRINKING
- SMOKING CIGARETTES
- ANGRY OR ANNOYED
- NOTHING TO DO OR BORED
- BEFORE WORK OR SLEEP
- TIRED
- BEING WITH FRIENDS AND FAMILY

3 Plan what else you can do

Breaking the habit can be hard. It means you have to learn to do things without gunja. Go through your triggers and plan what you can do when they happen instead of use gunja. Also think about when and how you usually buy gunja – what can you change at those times?



4 Plan how to cope with challenges

Here are things that some people find hard. In case they happen for you, plan what you can do to make it easier:

Withdrawal Some people have trouble sleeping, feel sick, angry, worried or sad when they stop gunja. This can last from three days to four weeks, but the worst is over in a couple of days. Remind yourself this is your body healing. Get some help from a doctor if you feel sick. If you were using gunja to stop bad feelings, talk to a worker or traditional healer about learning new ways.

Craving Getting off gunja will test your will power. If you start feeling like you really want gunja, remember the feeling will pass. Take some deep breaths, drink water and do something else. Get rid of pipes, bongs, lighters and things that remind you of gunja. Connecting with family and country can help you feel strong.

Saying No Decide how you will say no to people who want to give you gunja. Spend time with people who don't use and ask them to help you.

Slipping up It's ok if you slip up – keep trying. Some people take a few times to quit.