

Cycles Interactive Questionnaire Worksheet

Select which how you would respond to each question

1. If I were Olin, and Doug's car was working, would I let Doug drive me home?
No, it's dangerous to drive after smoking marijuana
It depends if Doug says he's okay to drive
Yes, people drive more carefully when they're stoned
Yes, as long as he hasn't smoked too much
Other: _____
2. If I were Olin, would knowing about the risks influence my marijuana use?
No, the risks are exaggerated
Yes, so I don't smoke it everyday
No, I know lots of people who smoke more than me and they're fine
Not sure, it is hard to know what information to believe
Other: _____
3. If I were Olin, what would I be thinking?
I need to protect Jaime from using marijuana – he's just a kid
I tried it when I was his age – am I being a hypocrite?
I should be with him the first time he tries it
I should wear headphones when I'm rolling joints
Other: _____
4. If I were Olin, would I ever suggest hanging out with my friends and not smoking weed?
No, hanging out with my friends includes weed
Yes, social time doesn't always include smoking weed
No, we just can't have fun without getting high
No, I don't want to say anything – they'd really wonder about me
Other: _____

5. If I were Olin, what would I do now?

Continue to smoke the joint while Lisa stays in the car

Apologize and put the joint out immediately

Ask Lisa why she's not into smoking marijuana

Suggest that she leave the car, smoke my joint, and then go back to the party

Other: _____

6. If I were Lisa, what would I want from Olin?

To distract me so I don't think about my problems

To be a good listener

To help me solve my problems

To stop smoking pot and focus on me

Other: _____

7. If I were Olin, how would I feel right now?

Concerned about Jaime's safety

Like a terrible role model

Pissed off that I need to find another hiding place for my stash

Worried that our parents just heard this conversation

Other: _____

8. If I were Olin, what would I be thinking right now?

I'm worried about Lisa's pot use

Maybe I'm just overreacting

I should respect her choices and not say anything to her

I'm the one to blame

Other: _____

9. Lisa says she could “really use” some marijuana. If I were Lisa, what else could I do to help me cope?

Talk to my mother and tell her I’m going through a really rough time

Talk to a trusted adult – a counsellor, teacher, school nurse or other adult about what is bothering me

Nothing, it will pass

Talk with friends

Other: _____

10. Olin is concerned about Lisa’s anger -she seems really down. If I were Olin, what could I do instead of smoking pot with Lisa to help her cool down?

Go for a walk together

Suggest Lisa talk with someone at school (e.g., a teacher or counsellor) to discuss how she’s feeling

Tell Lisa how much I care about her and that I’ll be there whenever she wants to talk

Leave her alone and give her some space

Other: _____

11. If I were Olin, what would I do now?

Stop using pot altogether

Use it only on weekends with friends when not working the following day

Look for another job

Smoke it anyway, but be more careful

Other: _____

12. If I were Olin, what would I be thinking?

I should join them - how can the Two Musketeers possibly have fun without me?

I’m making a good decision about not smoking pot before work

Maybe Doug and Andy need to look at their own use of marijuana

What happened to me? Am I a loser?

Other: _____

13. If I were Lisa, what would I be feeling?

Pissed off that Olin isn't fun anymore

Wishing that Olin would ask me how I'm feeling instead of telling me what to do

Sad and abandoned that Olin doesn't seem to want to hang out

Confused and wondering about how I'm using pot

Other: _____

14. If I were Olin, how would I be feeling?

Responsible for how Lisa is now using pot

Troubled that Lisa has changed so much

Concerned about Lisa's health

Feeling like I messed up with a really great girl

Other: _____

15. If I were Lisa, what would I think about the choices I've made about marijuana use?

16. If I were Olin, what would I think about the choices I've made about marijuana use?
