

## **NEURO DIVERSE COMMENTS**

### **POSITIVE**

**“I went from being on 10 prescription medications (including benzos, anti-depressants and anti-seizure), down to 1 medication (for ADHD) since I started regularly using.”**

**“It helps me be a better mother & wife, I can be free of all the pain holding me back”**

**“Before I started smoking I contemplated killing myself for two weeks after smoking some weed the feeling was completely gone”**

**“It helps my chronic pain, anxiety, and depression.”**

**“It’s helped a lot with introspection and being mindful (even when I’m not high)”**

**“It’s let me relax in the evenings after my stressful days. Also pain relief as needed during the day for migraines.”**

**“Cannabis is the main medicine I use to treat [medical] issues. It helps most of my symptoms, most of the time. ”**

**“It has allowed me to be true to myself ”**

**“It’s made me a better, more patient mom. It’s helped me process what I do in therapy as well as helps me eat since I rarely have an appetite.”**

**“It helps me function.”**

**“Gave my life back to me.”**

**“Changed the way I interact with others and the world around me. Allows me to be more sociable and complete tasks.”**

**“I have been able to get off my anti-psychotic medication and I now live a fulfilling life.”**

**“I’ve met some great people because of it”**

**“I’m able to sleep better, it allows me to focus on one thing at a time, reduces my severe anxiety”**

**“shuts out all the noise and dulls the sharpness of the world, so that I can think without distraction, and be in public without discomfort.”**

**"My life isn't easy with weed. But I can live it. I was able to go to class and graduate. I'm too sick for school now but weed is keeping me sane, with less pain, and fed"**

**"I've lost 25 lbs in the past year because I've quit eating my feelings"**

**"A delightful form of relaxation and a social lubricant. Have met so many unique people thanks to my hobby."**

**"It takes the sharp point in my mind and smooths them down. It allows me to exist without being completely ruled by my emotions and impulses."**

**"Makes the depression less depressing and the mania less manic."**

**"I have no urge to drink, my moods are far more stable, it helps with [medical issues], smaller doses give me energy and motivation to do tasks I otherwise struggle with (household chores especially)."**

**"I've learned it makes it easier to focus (sometimes) and make decisions. It's helped my insomnia drastically and makes it easier to be in loud/overwhelming spaces like busy stores."**

**"it makes me forget to care a little"**

**" Definitely great for night terrors. Proper THC and CBD dosage would help with the sometimes unpredictable results from smoking."**

**"cannabis has made it much easier to cope with anxiety and intrusive thoughts."**

**"was able to become physically intimate with my partner after many years of being unable to even hug another person. Cannabis helped me open up in new, unexpected ways and I'm grateful for it daily."**

**"Has made me very calm"**

**" It's opened my brain to new ideas and experiences. I am a lot happier and stress-free. My brain works better: I don't stumble over words and I articulate everything extremely well."**

**"I have trouble relaxing much of the time, so cannabis is useful"**

**"Makes me a more positive person"**

**"Normally my mind is constantly running around and the intrusive thoughts control my every move. When I smoke, I feel like I'm free from my mind and I give myself permission to relax and take things slow. "**

**"Weed almost makes me feel entirely normal. I'm not nearly as anxious or fearful of what's to come, and life seems happier and brighter."**

**"Controlling my emotions way better"**

**"mostly use it to sleep, to reduce hangover symptoms or as a substitute for alcohol."**

**"It gives me time to have my brain shut off. It's nice that for a couple hours a week my brain doesn't race in circles"**

**"it calms me down so i can do stuff without negative thoughts distracting me"**

**"made it possible for me to concentrate at work. To not have meltdowns every day because I can keep myself feeling even."**

**"Gives me some quiet time in my brain and cools down the constant stress."**

**"It seems to help me organize my thoughts and feelings and also helps motivate me for certain tasks (housework, especially)."**

**"I've used it to avert panic attacks"**

**"Antidepressants can only do so much for me and cannabis allows me to feel like my most genuine self for the first time in a decade. "**

**"Helped me to step away from my own brain when I couldn't manage it myself. Helps me relax, be less affected by sensory issues"**

**"Helped by changing my state of mind, allowing for different angles of introspection, and general relaxation."**

**"was definitely self medicating for a while, now i use it more responsibly to unwind/relax at the end of the day"**

**"getting high helps me get the calories I need. I also find that I get stressed out quite easily and overthink situations, but weed helps me relax"**

**NEG(-)**

**"caused problems with others mainly parents"**

**“On the opposite end, because a lot of my friends don’t smoke, I feel like it can make me antisocial sometimes.”**

**“If I smoke too much, especially after I haven't for a while, then I can get anxious and get caught in a spiral of dysphoric rumination.”**

**“Sometimes it exacerbates anxiety, most of the time it really helps.”**

**“The only negative was the cost.”**

**“I do feel dependent on it and think it’s decreased my motivation for school”**

**“it makes some aspects of my ADHD worse, especially keeping track of my thoughts,”**

## **NEUROTYPICAL COMMENTS(\* = part of other marginalized group)**

### **POSITIVE**

**"allowed me to be me and be comfortable being me."**

**"Cannabis is helped me get over the abuse of my past emotionally and to cope"\***

**"I heavily credit cannabis with managing my anxiety and depression"**

**"I have been able to cut back on ALL pharmaceuticals . And stop some completely. I have lost 25 lbs and I feel so much better!"**

**"it does stop my brain from focusing only on the pain. Same reason I like to use it for stress relief."**

**"It brings me peace of mind."**

**"It has made me a better and happier person."**

**"I can sleep!"**

**"It lets me enjoy my creative outlet a lot more. "\***

**"It also makes me a better, more patient and present parent. "**

**"it helps me stay in and save money, become creative with my cooking and become more productive "**

**"I've gone about 4 months without alcohol now and I don't miss it at all"**

**"Made me less suicidal because the world seemed brighter and it gives me some motivation to do things I usually enjoy that my severe depression takes away from me."\***

**"It's just chill."**

**"When I smoke I can just breathe and be in the moment which is super nice."**

**"don't get frustrated as easily which is great for the relationship with my daughter and husband."**

**"I'm able to make light of most situations as well as adding some fun to otherwise mundane tasks"\***

**"made me a more easygoing person"**

**“takes the edge off after a long week.”**

**“Grounding, spiritual.**

**“It helps my keep from lashing out over silly little things. “**

**“It makes me happier and more productive.”**

**“It allows me additional perspective and calm.”**

**“Brought me closer to people I love”\***

**“Healthier and not such an asshole.”\***

**“Overall positive, I like microdosing”\***

**‘It’s my little escape when the world gets to be too much”**

**“It makes it easier to face the day”\***

**NEG(-)**

**“I take advantage of it and become lazy when my depression gets the best of me”\***

**“It does kill my motivation”**

**“I am a very social person but smoking cannabis has given me anxiety about being in big groups or parties.”**

**“money spent paying fines/court costs and a criminal record”**

**“Sometimes causing negative effects like paranoia and laziness.”**

**“I would also choose weed before spontaneous adventures with friends”**