

# T-Break Guide

A guide to help support you on a  
cannabis tolerance break

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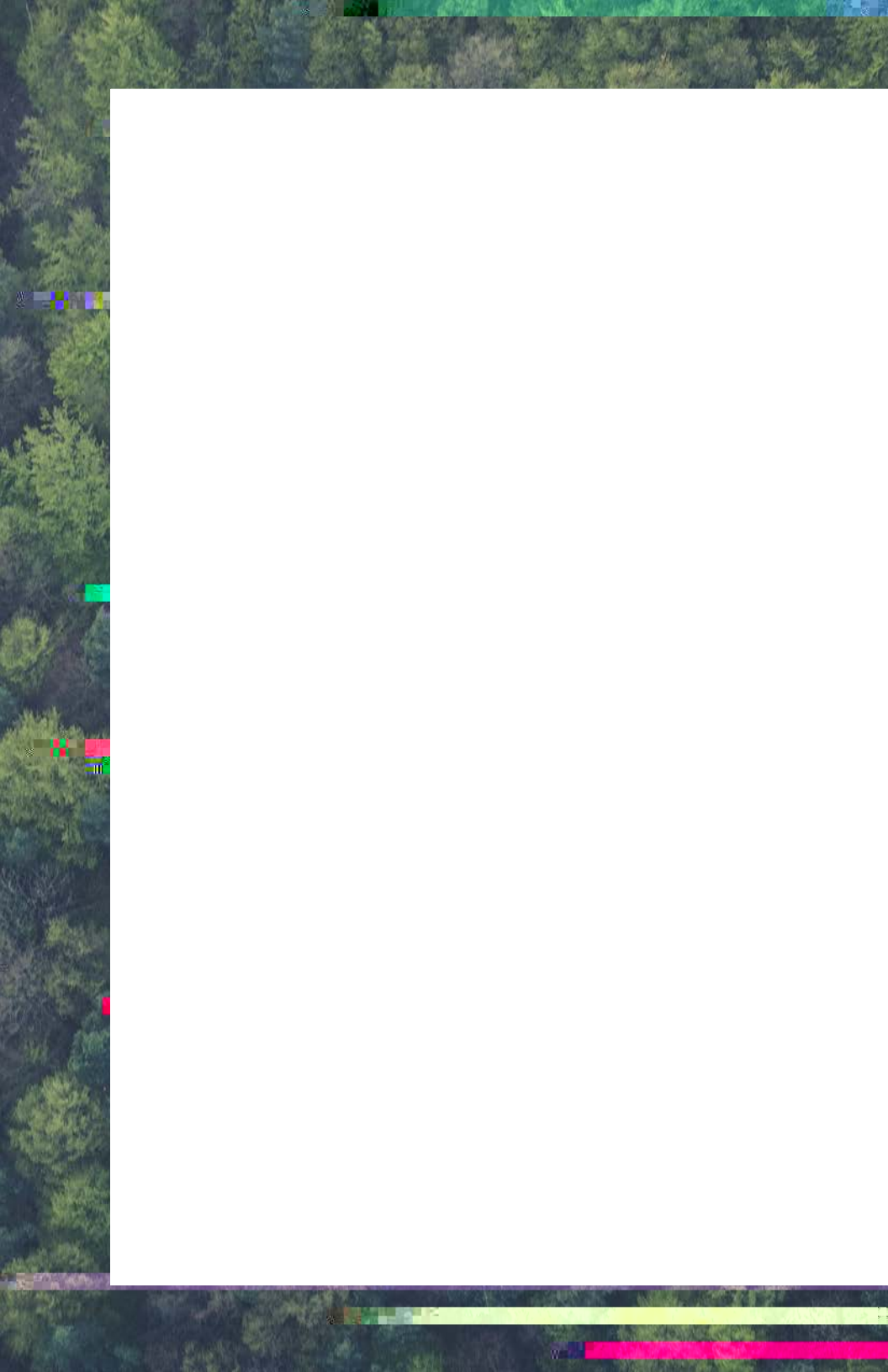
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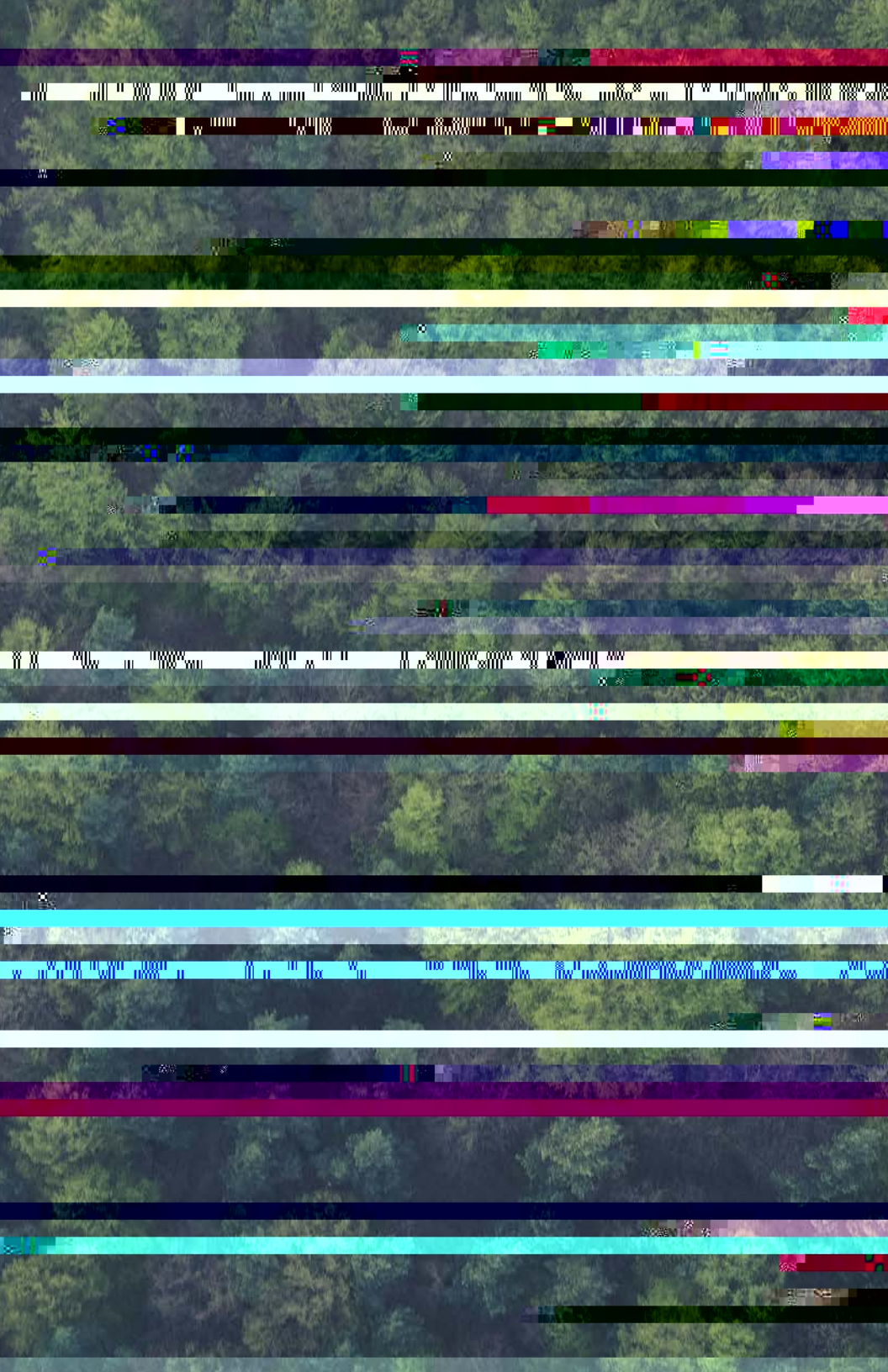


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# Day 16 - Connecting in



This is trigger warning for all you cynical folks out there: I'm about to say some things that may be affirming.

As a counselor, I've talked with hundreds of people. The more I do so, the more I come to respect people. We all make mistakes, (in fact, some of us do a lot of dumb things) but it is rare to find a person motivated by evil. Hearing people's stories is hearing people's struggles and strength.

You should know your own story. You should see your strengths and struggles. Yet many of us are more disconnected from ourselves than is healthy. That is no accident: there are systems in this world designed to create disconnection (Patriarchy, Supremacy, Poverty, etc).

However, it is on you to reconnect and fight those systems.

Some people see substance use as a way to escape these systems. Some substances whisper escape; others scream it. At

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# Day 18 - Connecting up



Infinity exists in multiple directions. There is the infinitely large, and the infinitely small. An infinity above, and an infinity below.

Below us is the earth. Our roots stretch out, anchor us, reach, and connect us to the others around us. Above us is the sky. Our hearts and minds can reach up and connect us to an infinity above.

Do you believe in that infinity?

Forgive me if not. Many folks believe in some version of that infinity: the energy around us, God, or spirits. I am not assuming that because you smoke weed and were interested in a T-Break, that what you really wanted is a guide to enlightenment. But it is worth addressing here since there is a power to connecting to something greater than yourself.

This theme isn't so much about weed. It is more about you and the connection to something inside, above, and all around you. Your connection to this infinity is well worth contemplating:

- When do you feel most connected?
- Is there space in your life for quiet and reflection?
- What activities and relationships support you in this?

# Day 19 - Connecting down





# Day 21 - Celebrate



- if the guide helped, then I would love to hear from you. Tell me what worked
- if this guide was a shank, honestly, I'd love to hear from you

Thank you 

This guide would not be possible without the insight, editing, and support of so many people. Most especially, the students who have shared their stories and advice:

BC, KP, BD, SL, MB, MK, AT, MW, SK, JS, CH, CS, AW, BP, EP, BL,

