

It isn't a story you hear often - how smoking pot ruined my life. For many smokers, this sounds like, at worst, a scare tactic used by anti-marijuana advocates. At best it sounds like one person who just couldn't handle their habit. But can smoking pot really ruin your life? The odds are much higher than alcohol, cigarettes, meth, heroin, crack, and so on will ruin your life before pot ever does. But there are exceptions, and some people simply don't do well with marijuana. Here are some scenarios that might end with people saying, this is how pot ruined my life!

How Smoking Pot Ruined My Life: Scenario 1

Addictive Personality

Genetics, upbringing, and other unknown factors can result in some people having more addictive personalities than others. If you have found that you can't control yourself in other situations, smoking pot may not be the right choice for you. This encompasses all manner of things that people find themselves hooked on - alcohol, sugar, gambling, etc. For some people, switching from alcohol, cigarettes, or prescription painkillers to pot can be a positive life change. Marijuana is certainly less toxic and addictive than any of those substances. But if you're the type to binge on anything, you might find yourself smoking way more pot than you should.

How Smoking Pot Ruined My Life: Scenario 2

Interference with Prescription Drugs

We aren't doctors, but we will almost always suggest smoking marijuana instead of using steroid or narcotic painkillers. These are highly addictive substances, and it can be difficult to regulate usage because you need them for legitimate pain relief. Other prescription drugs, though, including antidepressants and other mental health medications, can react poorly with marijuana. It is common for someone with depression or anxiety to find relief with the use of medical marijuana. For some people, marijuana is sufficient to treat their symptoms and help them live a normal life. For others, though, replacing medications with marijuana can lead to withdrawals, drastic health or personality changes, and a more vulnerable state of mind. Make sure your doctor knows about all of the drugs you take, and don't start or stop anything suddenly.

How Smoking Pot Ruined My Life: Scenario 3

Catching Viruses or Germs

It's not really healthy for you to inhale the built up residue or resin that collects inside your pipe or bong. It's also extremely unhealthy to share pipes or pieces without taking precautions. Why?

Because you could catch the flu, oral herpes, or any number of other viruses from a shared mouthpiece. There's also the dirty truth that germs and bacteria, including fecal matter, food particles, and mold, are probably living on your pipe right now. So what's a smoker to do? Use Pipe Wipes! Our specially formulated pipe cleaner wipes clean it up and kill off the bad stuff, so you can have a clean smoke with no worries.

How Smoking Pot Ruined My Life: Scenario 4

Driving While High

You know how you shouldn't drink and drive? Well, you shouldn't smoke and drive either. It's the law, it's common sense, and it's safer for everyone. Marijuana does slow your processing and reaction times, so it can impair your ability to drive safely. It is not worth the risk to yourself, your passengers, other drivers, or pedestrians. It doesn't matter if you use marijuana recreationally or medicinally. You wouldn't (or at the very least, shouldn't) drive after drinking or doing hard drugs, and the same is true for prescription painkillers, allergy medicine, etc. Anything that makes you drowsy, more relaxed, or less present can be extremely dangerous to use while operating heavy machinery.

How Smoking Pot Ruined My Life: Scenario 5

Accidental Ingestion

Most people would agree that the feeling of being high, stoned, or having relief from pain is a good, pleasant thing. But what if you didn't realize what was causing that feeling? One of the dangers of edible marijuana products is that they can be eaten by someone that doesn't realize what they contain. Pot candy, brownies, drinks, and the like can all be consumed inadvertently by children, parents, and pets. No one wins in this situation - the person/animal who eats it will likely freak out, you will have less of your medication on hand, and, most importantly, you will be responsible if the ingester has any medical or psychological problems as a result.

Is Smoking Pot Ruining Your Life?

As with any potential addiction, there are some clear warning signs when your habit has become a problem. If you answer yes to any of the following questions, you may want to consider your usage and how to cut back:

- Do you think about pot all the time?
- Do you get anxious if you don't have pot available?

- Have you spent money you don't really have on pot? (Using rent money, stealing from others, etc.)
- Has smoking pot had a negative impact on your work, family, or friendships?
- Are you turning to pot instead of dealing with problems in your life?

How Smoking Pot WON'T Ruin Your Life

There are legitimate concerns about smoking too much pot, or having an unhealthy dependence on it. But some popular ideas about the dangers of marijuana are untrue, or at least very unlikely. Here are some things to keep in mind:

Pot is not the gateway drug that it has been made out to be. It is true that most heavy/hard drug users used to smoke marijuana. It is also true that most pot smokers do not end up using any harder drugs whatsoever.

Pot is not likely to have a negative impact on your health. The list of health benefits that marijuana provides is extensive, and medicinal uses have been in practice for centuries now. It is not a panacea or cure-all, but it is remarkably effective in treating a huge number of health conditions. This does not mean that it is without risk, however, and you should always speak with your doctor about any potential conditions or health problems.

Pot will not kill you. It just doesn't happen. There are literally zero reported cases of anyone dying from an overdose of marijuana. You can smoke too much, and it can be very unpleasant. Hallucinations, a sense of displacement, extreme mood swings, and feeling catatonic can all occur from smoking or eating too much marijuana. The good news, though, is that it will pass with time, and you won't be much worse for the wear.

Smoking pot is a personal choice, and a decision that everyone should make for themselves. It's not likely to ruin your life, but there is the potential for abuse and unexpected repercussions. Of course, you should always remember to #smokeclean and use Pipe Wipes for the healthiest experience possible!