

**HI!**  
**MY NAME IS**

*Tina*

## **CAUTION**

### *How do we know when the party is over?*

Although there are many ways to fill our needs, some of us choose Tina. How do we know if we've crossed the line and are in trouble with Tina? Unfortunately, there's no clear-cut answer to this question; everyone's line is different. For example, getting high every other weekend may be fine for someone else but too much for us.

If any of the following 'red flags' are familiar to you, you might want to think further about your own use. This may mean using less, stopping for a while, or quitting altogether.

#### **Body:**

- The party is over when no matter how much we sleep in, we still feel tired.
- The party is over when we develop acne and skin conditions long after going through puberty.
- The party is over when our gums bleed and are sore and our dentist reports aggravated gingivitis (inflammation of the gums) and gum recession.

## *Mind and Behaviour:*

- The party is over when we consistently promise ourselves we are not going to use this weekend but we do anyway.
- The party is over when we feel shitty about the number of times we procrastinate, make excuses and lie to cover up our behavior.
- The party is over when we feel super confident when we are high and incompetent when we are not.

## *Life:*

- The party is over when we become used to spending every weekend high and when the beginning of every week is hell.
- The party is over when what we use the computer for most is cruising for PnP hook-ups.
- The party is over when using is something we need to do and don't enjoy anymore.

## *Signs of Tina Dependence*

Dependency means that we have a hard time living or functioning without Tina and that either using or not using is causing significant distress. Dependence is a clinical term usually synonymous with addiction. Regardless of what we call it, how do we tell if we are?

## *Common Indicators*

- We develop a tolerance: the same amount produces diminished effects. To get high, we need to do more to achieve the same effect.
- We experience withdrawal: physical and psychological symptoms that are commonly associated with coming down off Tina. These can include but are not limited to depression, being quick to anger, exhaustion, etc.
- We use more frequently. Once a month becomes once a week, etc.
- We take more Tina over a longer period of time than we intended.
- There is a persistent desire and/or unsuccessful attempts to cut down or control our use.
- Tina - getting it, doing it, or recovering from it, consumes a great deal, and often an increasing amount, of our time.
- We give up or curtail social, recreational or work-related activities because of our use.
- We use even though we know we have a problem and/or that Tina keeps bringing problems into our lives.

## *RESOURCES*

If you want help or you want to learn about how to reduce your use, please visit [www.himynameistina.com](http://www.himynameistina.com) for information and support.