

# Thinking about quitting



**Quitting smoking isn't easy.** In fact, it might be the hardest thing you ever do. Even just thinking about quitting can be a really hard step. But cigarettes are replaceable and you can quit. What will it take for you to feel confident that you can quit and live comfortably without tobacco?

## Finding your motivation to quit

Quitting smoking is a temporary battle with lifelong benefits. But it's common to have mixed feelings about quitting smoking. Most smokers have a love-hate relationship with cigarettes. You may want to quit but may be reluctant. Your experiences with cigarettes and quitting smoking are unique. You may have quit before or this may be your first try. Just remember, regardless of your age or health, you will improve your life by quitting. You are the most important factor of your quit plan.

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## Next step: Starting your quit plan

Use the activities below to help you start your quit plan.

1. Exploring your reasons for quitting (and for still smoking) can increase your confidence about becoming smoke-free. List your pros & cons:
  - Reasons to quit smoking:
  - Reasons to continue smoking:
2. How important is it for you to quit smoking: 0 1 2 3 4 5 6 7 8 9 10
  - What would it take for you to go to a higher number?
3. How confident are you that you can quit smoking: 0 1 2 3 4 5 6 7 8 9 10
  - What would it take for you to go to a higher number?
4. Set a quit date: A good quit date is one that gives you time to prepare but isn't too far in the future. Avoid dates you will be busy or stressful.

I will quit smoking on \_\_\_\_/\_\_\_\_/\_\_\_\_.