



## Quitting Smoking: My Reasons to Stop

Thinking about how you feel about smoking is a good first step toward quitting.

Be honest when you think about each

statement. You may discover that you have more good reasons to quit than to continue smoking.

## My reasons to stop smoking

Put a check next to the statements that you agree with.	
It bothers me to know that I am hooked on nicotine.	<input type="checkbox"/>
I don't like the look or smell of my hair, hands, teeth, clothes, or home.	<input type="checkbox"/>
I worry that my smoking affects the health of my family or friends.	<input type="checkbox"/>
My job opportunities may be limited because I smoke.	<input type="checkbox"/>
I worry about the negative effect smoking may have on my sex life.	<input type="checkbox"/>
I'm embarrassed when I smoke in a public place.	<input type="checkbox"/>
I would have more money if I didn't spend so much money on cigarettes.	<input type="checkbox"/>
I am (or would like to become) pregnant, but I'm worried about how my smoking habit might affect my baby.	<input type="checkbox"/>
I think others have a lower opinion of me because I smoke.	<input type="checkbox"/>
I wish I had more control over my smoking habit.	<input type="checkbox"/>
I worry about becoming a burden to my family if I get sick due to smoking.	<input type="checkbox"/>
I worry that smoking may shorten my life.	<input type="checkbox"/>
Other concerns I have about smoking:	

### Looking forward

If you agreed with any of the statements, you've just created a list of reasons to quit smoking. Now take a closer look at some of the reasons and other concerns you have.

- Are any of them stronger or more meaningful than other ones?
- Why are they important?

Keep your list with you before you quit and for several weeks or months after you quit. Review it whenever you struggle with quitting. Add to your list whenever another reason to quit occurs to you.

And try to remember that quitting is a process that may take time. You'll get there.