

Weighing the Pros and Cons of Quitting


Changing any habit can be difficult, and quitting smoking (or smokeless tobacco) can be especially hard. You have good reasons for smoking. It may bring you pleasure or help you relax. It may be something you've done for a long time. Or it may feel too stressful to make such a big change right now.

On the other hand, you've been told (over and over again) about all the reasons that you 'should' quit. In order to make a change, it helps to really believe that consequences (bad things) will happen if you don't change and good things will happen if you do. In other words, you have to really feel it is worth it for you to do this.

Pros and Cons

Take a look at your reasons for staying the same and the benefits of quitting. Write them below.

Reasons for Smoking <ul style="list-style-type: none">• what I like about what I am doing now• what I may have to give up	Advantages of Quitting <ul style="list-style-type: none">• how this will help me• what may happen if I don't change
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Reasons for Smoking

- 1.
- 2.
- 3.
- 4.

Advantages of Quitting

- 1.
- 2.
- 3.
- 4.

Consider what your pros and cons are for quitting. Is it worth it to you? If so, what could you do to make the cons (reasons for old behavior) less of a problem or barrier? In other words, try and think of what you could do to make this easier on yourself. What else will help you to relax and bring you pleasure?