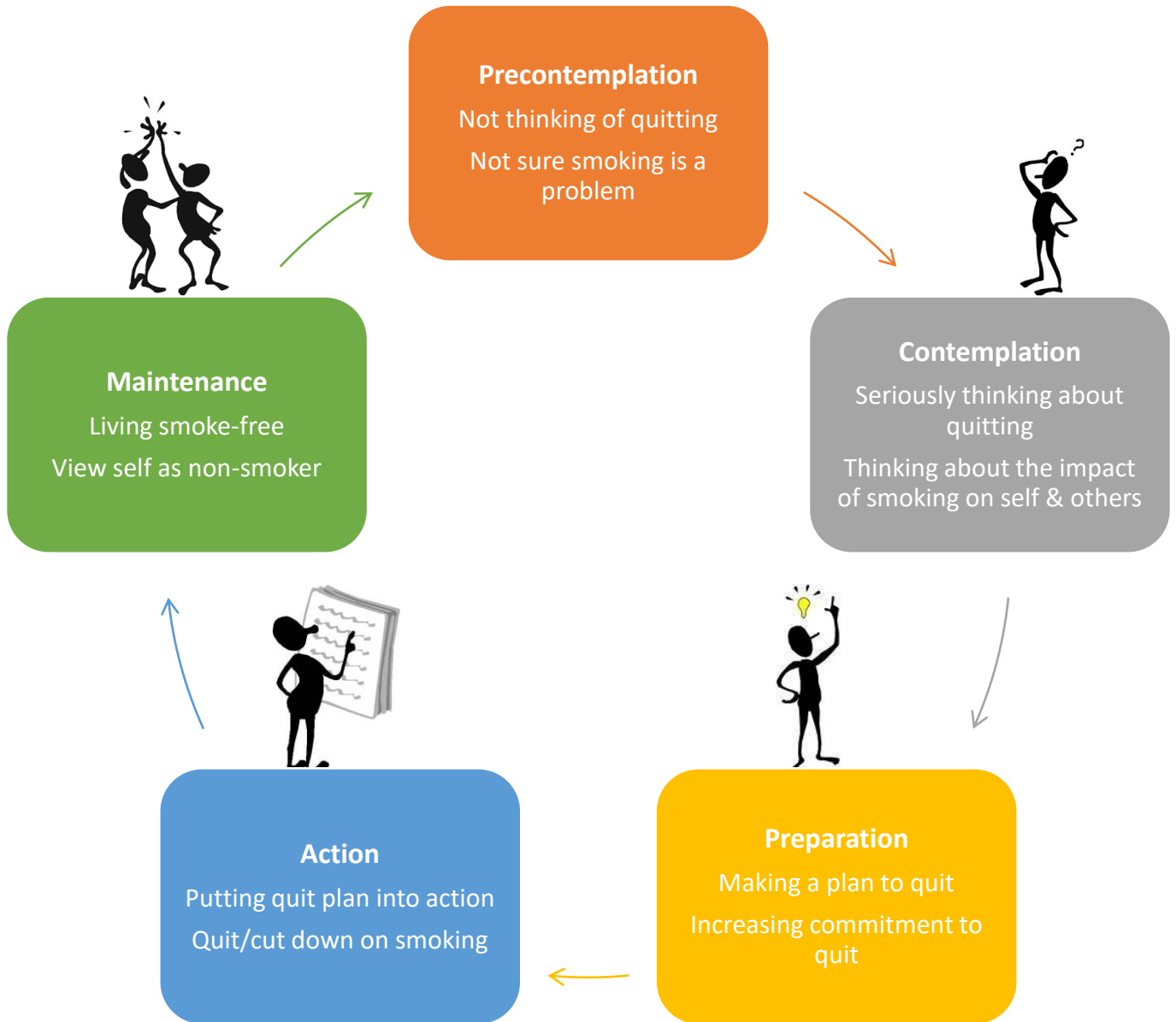


The Stages of Change

What stage are *you* in?



Weighing the Pros & Cons

If you're feeling unsure about whether to quit or not, weighing the pros and cons of *both* smoking and quitting can be helpful.

Continued Smoking	Quitting Smoking
The good things (pros) about smoking:	The not-so-good things (cons) about smoking:
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>
The not-so-good (cons) about quitting smoking:	The good things (pros) about quitting smoking:
<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>



It is not about the [number](#), but rather the [importance](#) of the reasons that can move you toward quitting!

Change Plan

Goal:

- I want to stop smoking
- I am not ready to quit completely but would like to cut down to _____ cigarettes per day

Timing: I will start working toward my goal on: ____/____/____

Reasons: My most important reasons to make these changes are:

Strategies: I will use these strategies to help me reach & stick to my goal:

People: The people who can help me are (names):

Names:

What they can do to help:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

Signs of Success: I know my plan is working if:

Possible Roadblocks

Some things that might interfere:

How I'll handle them:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |