## The Stages of Change

What stage are you in?



### Precontemplation

Not thinking of quitting

Not sure smoking is a

problem



#### Maintenance

Living smoke-free
View self as non-smoker

## Contemplation

Seriously thinking about quitting

Thinking about the impact of smoking on self & others



#### Action

Putting quit plan into action

Quit/cut down on smoking



## **Preparation**

Making a plan to quit ncreasing commitment to quit

# **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:
The not-so-good (cons) about quitting	The good things (pros) about quitting
smoking:	smoking:



It is not about the <u>number</u>, but rather the <u>importance</u> of the reasons that can move you toward quitting!

# **Change Plan**

Goal: ☐ I want to stop smoking	
·	ut would like to cut down to
cigarettes per day	
Timing: I will start working toward my go	oal on: /
<b>Reasons</b> : My most important reasons to	make these changes are:
Strategies: I will use these strategies to h	nelp me reach & stick to my goal:
<b>People</b> : The people who can help me are	e (names):
Names:	What they can do to help:
1	, ,
2	
3	3
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Signs of Success: I know my plan is work	ing it:
Passible Passible des	
Possible Roadblocks	
Some things that might interfere:	How I'll handle them:
1	
2	2
3.	3.