

Tobacco Cessation Toolkit

Decision to Change Tobacco Use

What I know and believe

In the good things and not so good things columns write what your reasons will be for each of your two choices: continuing to use tobacco versus changing to become tobacco free.

The good things about tobacco use

- E.g., Helps me feel relaxed

The not so good things about tobacco use

- E.g., I have to go outside in the cold to smoke

The not so good things about stopping changing

- E.g., I will have to avoid my friends who smoke

The good things about stopping or changing tobacco use

- E.g., I will save lots of money
