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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.

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



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