



Why would you want to quit?

Many people are very happy to continue using tobacco. Because you are young and healthy, you might not worry much, or even believe what you have heard about how tobacco is unhealthy. Even though loved ones, school officials, and businesses might discourage continued tobacco use, you might feel that the benefits of using tobacco make it worth it to continuing. You might have even tried to cut down or quit, and found that this caused some physical symptoms that got better when you increased tobacco use. This worksheet is designed to help you identify clear reasons why you think you need to continue using tobacco. It will also help you to be honest with yourself about the reasons why quitting may be better for you in the long run. Every one or two weeks you should review what you have written and make any changes as your thoughts change. Once you are sure that you want to quit, then you should talk with your parent, your health care provider, or any trusted adult to talk about ways to successfully quit.

Today's Date _____

Reasons why I think I should continue using tobacco:

It makes me feel good. *Describe how cigarettes or other form of tobacco helps you to feel good:*

It helps me to concentrate. *Describe situations were tobacco helps your mind to function better at school, at work, or at play:* _____

I feel less anxious or stressed when I smoke/use tobacco. *Describe stressful or anxiety provoking situations that are helped by using tobacco:* _____

If have tried to quit or cut down and felt worse. What symptoms did you have?

Cough Headache Insomnia/trouble sleeping Felt 'jittery'

Other Symptoms: _____

I am more comfortable with my friends or in social situations when I am smoking.

I am worried about my weight, and think that I eat more when I am not smoking.



- I get bored, and generally don't enjoy life as much when I am not using tobacco.
- I feel worse about my life, sometimes even sad or hopeless.
- I feel more attractive when I am smoking or using tobacco.

Other Reasons why I should continue using tobacco: _____

Reasons why I might want to quit using tobacco.

Please check how much you think about each of these reasons for quitting:

Never	Sometimes	A Lot	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is bad for my health
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It gives me bad breath
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It makes my teeth yellow
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It gives me a bad complexion
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can't do as well at sports
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It gives me headaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It costs too much
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is annoying to the people around me
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can get into trouble at school
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It makes me cough more than other people
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is ruining my clothes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	My parents are worried about my health
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	My boyfriend/girlfriend is worried about my health
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is harder to find a place where I am allowed to smoke
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____