

Are You Ready to Stop Smoking?

To successfully stop smoking takes time and planning. The first step is to assess how motivated you are and to identify your reasons for wanting to stop. Both are important elements of a stop-smoking plan. The more motivated you are to stop and the clearer your reasons, the more successful you will be.

The statements below can help you assess your motivation level and the reasons you want to stop smoking. To determine if you're ready, check off each statement that applies to you.

- My desire to stop smoking is strong and my reasons for quitting are clear.
- Things are going fairly smoothly at home and at work.
- I feel good. My energy is high and my attitude is positive.
- I can schedule some time for myself over the next few weeks if I need to cope with withdrawal symptoms.
- I have my stop-smoking support person in place.
- I am worried about my health.
- I want to improve my appearance.
- I do not like my smoking habit.
- Smoking is a negative factor in my life.
- I am tired of the way smoking makes me feel.
- I want to quit smoking for my family.
- I want to feel in control.
- I am not going through a major life change.

Remember your reasons for wanting to stop and don't be afraid to ask for help from your health care practitioner or support person when you're going through a difficult time.