

## Four Questions To Quickly Assess Your Readiness to Change

Answering the following four questions can determine your state of readiness to change your behavior. After completing this questionnaire, talk to your health care provider about your next steps in moving toward a tobacco-free life.

QUESTION	ANSWER	STAGE
Have you ever smoked?	NO →	• nonsmoker
	QUIT →	• go to last question
	CURRENT →	• go to next question
Do you intend to quit in six months, and have you tried to quit for at least 24 hours in the last year?	NO →	• Precontemplation
	YES →	• go to next question
If YES, are you ready to quit within one month?	NO →	• Contemplation
	YES →	• Preparation
If you QUIT, did you quit within the last six months?	YES →	• Action
	NO →	• Maintenance