



Quit Smoking Worksheet #2: List Your Reasons for Quitting

How To Use This Worksheet: Complete the items below and then print out the worksheet to keep handy. You can also print out the worksheet first and then fill it out by hand. (To print, click on “file” then “print” in the upper left of the page.) When you exit the worksheet, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

(1) Why do you want to quit smoking?

Take a moment to think about all the reasons that are important to you and then click on the statements you agree with.

- My doctor told me I should quit.
- By smoking, I’m setting a bad example for my grandkids.
- I’m tired of my clothes, hair, hands, car and house smelling bad.
- I’m tired of having bad breath and trying to cover it up with breath mints.
- I don’t like having to sneak a smoke in order to keep others from seeing me.
- I’m starting to worry that smoking could cause me to develop a serious disease such as cancer or have a stroke or heart attack.
- I feel bad that friends have managed to quit, but I haven’t.
- I’m tired of having to defend my smoking to my spouse, close friends and/or children.

(Source: “**Quitting Smoking for Older Adults**” on www.NIHSeniorHealth.gov)

- I'm tired of coughing so much and being afraid that it might be something serious.
- I feel uncomfortable and slightly embarrassed when I have to leave my office or a restaurant to go outside and smoke.
- Some of my health conditions aren't getting any better, and I've heard that they could improve if I stopped smoking.

(2) What are 2 more reasons you would like to quit?

I also want to quit because:

1. _____
2. _____

(3) How will your life be different once you quit?

(A) With the money I will save, I can...

1. _____
2. _____

(B) My relationships could change in these ways:

1. With family/friends who smoke _____

2. With nonsmoking family/friends _____

(C) My doctor visits will be different because...

1. _____
2. _____