

Thinking About Change

Reasons I like smoking:

Reasons I might quit:

What is getting in the way of my quitting?

Small steps I can take to change my smoking:

- Cut down:** reduce the number of cigarettes by 1-2 per day each week and see how it goes
- Use medications:** use nicotine lozenges/gum to replace cigarettes, or try the patch
- Stop smoking in certain places:** home, car, breaks, or at work
- Delay** 1st cigarette of the day

What to Do When I Am Ready to Quit

1. Set a quit date
2. Get medications
3. Get support from friends, family, doctor, the QuitLine

WISCONSIN TOBACCO
QuitLine
800-QUIT-NOW



UW-CTRI
UNIVERSITY OF WISCONSIN
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