

HOW READY ARE YOU TO QUIT?

This tool can help you understand how important quitting is to you, and how confident you are about succeeding.

Be sure to share this with your doctor. The way you think and feel about your quit date can have an impact on your success.

Circle a number that corresponds to how you feel about quitting.

How **important** to you is it to quit?

0	1	2	3	4	5	6	7	8	9	10
not at all important			somewhat important				very important			extremely important

How **confident** are you that you can quit?

0	1	2	3	4	5	6	7	8	9	10
not at all confident			somewhat confident				very confident			extremely confident

HOW TO THINK ABOUT THESE NUMBERS.

First, there are no wrong answers, but whichever number you choose, ask yourself: Why didn't I choose a lower number? For example, if you choose a 5 for how confident you feel about quitting, how come you didn't choose a 4?

Write down the reason(s) below. You may realize you're more confident about quitting than you thought, and that may help you feel even more ready to quit.

I chose a on the **importance** scale.

It isn't a lower number because:

I chose a on the **confidence** scale.

It isn't a lower number because:

YOUR REASONS TO QUIT.

There are many reasons to quit using tobacco. Which ones are most important to you? Look at the list below, check off the reasons that apply to you, and add any extras you can think of.

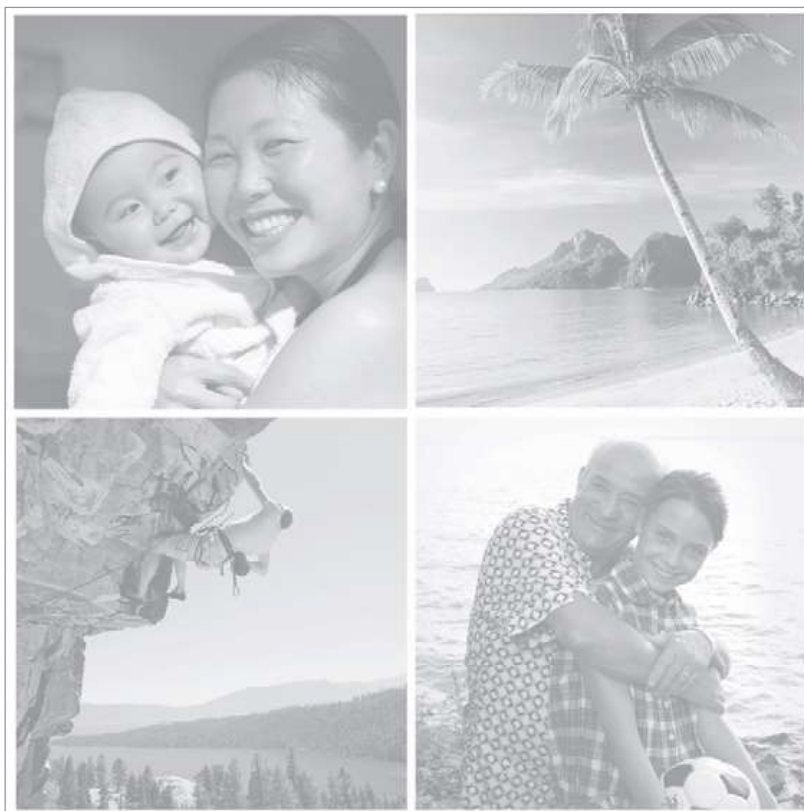
Keep your list handy and use it as motivation to stick with your decision to quit.

- I'm ready for a change.
- Using tobacco is affecting my relationships.
- I want to improve my health.
- I want to save money by not buying tobacco products.
- I'm planning on having a baby.
- I feel like I'm looked down upon when using tobacco.
- I spend too much time alone smoking.
- It's becoming harder to find places to smoke.
- Almost everywhere I go using tobacco is not allowed.
- I don't want to expose my family and friends to tobacco.
- _____
- _____
- _____

STAY INSPIRED!

One of your reasons to quit could be someone in your family. It could be an activity, or a vacation you want to take. Whatever it is, create a quick visual reminder by taping a photograph below. Take this card with you. Put it in your car, up on your fridge, or prop it up at work.

I want to quit for:



YOUR PLAN-TO-QUIT CARDS

CONGRATULATIONS.

You're considering quitting tobacco, and that's a great first step. The Plan-to-Quit cards can help guide you. These cards are designed to give you the information you need to know while preparing for your quit and for the early part of your quit. But they don't take the place of a plan that includes treatment and support. So be sure to talk to your doctor about a nicotine replacement treatment option that's right for you, and help set yourself up for success by getting support.

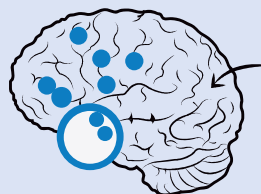
? Why it's hard to quit.

For most people, quitting is a physical and behavioral challenge. For many people, tobacco is an addiction. Plus, over the years, people develop tobacco routines. Most people try to quit 6-9 times in their lifetime. So if you've tried to quit before, don't be discouraged, it's still possible to quit, so be confident, you're going to do great.

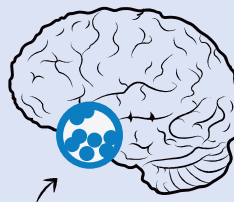
Why nicotine is addictive.

- 1 When you use tobacco, nicotine goes from the tobacco into the brain in about 10 to 20 seconds.

● Represents nicotine from smoking

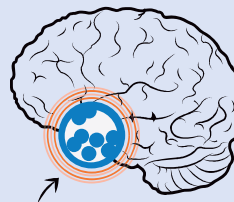


- 2 Nicotine attaches to nicotine receptors in the brain, and that sends a message to release a chemical called dopamine.



- 3 Dopamine provides a feeling of pleasure, but it doesn't last long, that's why your body craves more nicotine. Nicotine addiction can be a cycle that can be very difficult to break.

○ Represents dopamine



For illustrative purposes only

YOUR 24-HOUR TOBACCO LOG.

Many people use tobacco during specific times of the day, while in particular situations, or when they feel a certain way. Taking one day to identify these moments may help you avoid them when you're ready to quit. Just cut out your Tobacco Log and wrap it around a cigarette pack or chew.



Why?

Be sure to log each time you use tobacco. A Tobacco Log can help you learn when, where, and why you use tobacco. This can be a first step as you learn to trade your old routines for new tobacco-free ones.

Example:

MY TOBACCO LOG.

When, where, and why I use tobacco:

During breakfast at home

with coffee.

Driving in my car, to pass time.

After lunch outside office.

Break from work.



BEFORE YOUR QUIT DATE:

SMOKING LOG

C

CUT ON DOTTED LINE.



MY TOBACCO LOG.

When, where, and why I used tobacco.



MY TOBACCO LOG.

When, where, and why I used tobacco.

CUT ON DOTTED LINE.



MY TOBACCO LOG.

When, where, and why I used tobacco.



MY TOBACCO LOG.

When, where, and why I used tobacco.
