



My Reasons to Quit Smoking

What motivates you to quit smoking? Fill out this smoker's self-test and answer the questions honestly. You may find that you have more good reasons to quit than to continue smoking.

Check the statements that you agree with.

<input type="checkbox"/>	My opportunities for employment are limited because I smoke.
<input type="checkbox"/>	It makes me uncomfortable to know that I am hooked on nicotine.
<input type="checkbox"/>	I am concerned that my smoking affects the health of my family and friends.
<input type="checkbox"/>	I don't like the way my hair, hands, teeth, clothes, and home look and smell.
<input type="checkbox"/>	I worry that smoking will shorten my life.
<input type="checkbox"/>	I am concerned about the negative effects smoking has on my sex life.
<input type="checkbox"/>	I could afford to buy more things I want if I didn't spend so much on cigarettes.
<input type="checkbox"/>	I am embarrassed by the way others look at me when I light a cigarette in public.
<input type="checkbox"/>	I am (or would like to be) pregnant, but I am worried that my smoking habit may affect my baby.
<input type="checkbox"/>	I wish I had more control over my smoking habit.
<input type="checkbox"/>	I think others have a lower opinion of me because I smoke.
<input type="checkbox"/>	I worry about burdening my family if I get sick due to smoking.
Add any other concerns you have about smoking:	

Congrats! You just created a list of reasons to quit smoking. Consider the boxes you checked: are any of the reasons stronger or more meaningful to you than the reasons why you like to smoke?

Keep this list with you and review it whenever you are struggling with the quitting process. Making a list of reasons to quit smoking is a good first step towards motivating yourself to quit smoking. Feel free to add to the list whenever another reason to quit occurs to you.