



## Activity 1: Decide if you will quit smoking or keep smoking

There are three parts to this activity:

1. Fill out each list: Reasons to Quit Smoking and Reasons to Keep Smoking. Be honest and thorough. Take your time and be fair to both sides, even if your reasons to keep smoking seem to outweigh those to quit. List your reasons side by side. Compare and contrast the two sides: Reasons to quit smoking and Reasons to Keep Smoking.
2. Review your list. Circle the more important items on both sides of the list.
3. Place a star next to the most important reason on your entire list.

### Example:

Reasons to Quit Smoking	Reasons to Keep Smoking
I want to feel better	It helps me relax
I want to be around for my kids ★	I get time to myself
It costs too much to smoke	I don't want to have withdrawal symptoms
I hate feeling chained to cigarettes	I don't want to fail
I've been thinking about it too long	

Reasons to Quit Smoking	Reasons to Keep Smoking

Once you finish the exercise, carefully review your list. Ask yourself, "What do I want to do most - quit smoking or keep smoking?" It may be a close race, or one list wins by a landslide. Remember, few choices in life are simple. If your most important answer is that you want to stop smoking, then you are ready to quit.