



Making the Decision to Quit Smoking

What if I'm not ready to quit?

Some smokers may still be feeling unsure about wanting to quit smoking.

- It is very common to have mixed feelings about quitting.
- You may want to continue smoking or you may feel unready to give it up.
- You might be thinking that quitting smoking is the right thing to do, but feel scared about what it will be like.
- Some of you may want to drop out of this program or group because of uneasy feelings or the pressure to quit smoking.

The feelings and situations described above are extremely common for smokers. It is likely that you have experienced one or more of them in the past. It is important to keep an open mind and explore this program.

Even if you are unable to quit smoking at this time, learning more about your smoking is an important step toward a healthier lifestyle. You may choose to quit someday in the future.

In addition, there are other steps you can take, while you are still smoking, that may be helpful to you.

I'm not ready to quit smoking but I am ready to:

- Come to group to talk about tobacco.
- Read handouts
- Talk to other people who used to smoke and learn about how they were able to quit
- Count and keep track of how many cigarettes I smoke each day.
- Recognize my smoking patterns.
- Delay smoking at certain times.
- Make it more difficult for myself to smoke. I can move my cigarettes from their usual place. I can smoke with my other hand or do things that are not my usual smoking "habit".
- Try to reduce my carbon monoxide level.
- Ask my family and friends how they feel about my smoking. Ask them if they would be able to help me when I try to quit.
- Calculate how much I spend on tobacco each week, each month and each year.
- Think about the benefits of quitting smoking for me personally.
- Change my smoking.
- I'm beginning to think seriously about quitting smoking.