

Suggested steps to quit for good



When and where to quit

When is a good time to quit smoking? Given the severe health risks of smoking, the obvious answer is today. But perhaps the most realistic answer is “when you’re ready.” The reasons for quitting have to be important to you.

Here’s an exercise that can help you clarify what you’ll add to your life when you subtract cigarettes.

When you’re facing an important decision, such as the one to quit smoking, it can help to weigh both sides of the problem. The adjacent lists are examples of common “pros” and “cons” to smoking cessation.

If you have more reasons or “pros” for quitting, then you have strong motivation to give up smoking.

You can even make use of the “cons” to help you be successful. For example, if you know that you reach for a cigarette when you feel stressed, you can plan ahead to use other calming techniques when a tense situation arises.

Pros for giving up smoking

- I want to be a better role model for my children
- I hate spending so much money on cigarettes, and I know I can put that money to better use
- I’m afraid of getting cancer and dying young
- I have family members with asthma. I hate the idea that my smoking could be making them sicker.
- I have trouble enjoying myself in any situation where I can’t smoke

Cons for giving up smoking

- I’ve tried quitting before, but I gained weight and I hated it
- Smoking calms me down when I’m stressed out
- Most of my friends smoke, and I don’t think I can be around other smokers and not smoke



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