

# Suggested steps to quit for good



The time to quit is when you’re ready. Then have a plan.

**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—in your own mind—what you’ll add to your life when you subtract cigarettes.

When you’re facing an important decision, it can help to weigh both sides of the problem. The adjacent lists are just examples.

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.

We can help you develop a plan in the free booklet, “Quit smoking for good: Where to start in order to stop successfully.” It provides practical tips and tools you can use—and share with others who are trying to quit.

To get your copy, <insert instructions here>.

Pros for giving up smoking	Cons for giving up smoking
<ul style="list-style-type: none"><li>• I want to be a better role model for my children (I don’t want them to smoke).</li><li>• I hate spending so much money on cigarettes, and I know I can put that money to better use.</li><li>• I’m afraid of getting cancer and dying young.</li><li>• I have family members with asthma. I hate the idea that my smoking could be making them sicker.</li><li>• I have trouble enjoying myself in any situation where I can’t smoke.</li></ul>	<ul style="list-style-type: none"><li>• I’ve tried quitting before, but I gained weight and I hated it.</li><li>• Smoking calms me down when I’m stressed out.</li><li>• Most of my friends smoke, and I don’t think I can be around other smokers and not smoke.</li></ul>

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