Thinking About Change

Reasons I like smoking:

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Reasons I might quit:

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What is getting in the way of my quitting?

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Small steps I can take to change my smoking:

- ☐ **Cut down:** reduce the number of cigarettes by 1-2 per day each week and see how it goes
- ☐ **Use medications:** use nicotine lozenges/gum to replace cigarettes, or try the patch
- ☐ **Stop smoking in certain places:** home, car, breaks, or at work
- ☐ **Delay** 1st cigarette of the day

What to Do When I Am Ready to Quit

1. **Set a quit date**
2. **Get medications**
3. **Get support** from friends, family, doctor, the QuitLine

WISCONSIN TOBACCO QuitLine 800-QUIT-NOW

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