



# Tobacco Cessation Toolkit

## Decision to Change Tobacco Use

### What I know and believe

In the “good things” and “not so good things” columns write what your reasons will be for each of your two choices: continuing to use tobacco versus changing to become tobacco free.

#### The good things about tobacco use

Helps me feel relaxed

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#### The not so good things about tobacco use

I have to go outside in the cold to smoke

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#### The not so good things about stopping or changing

I will have to avoid my friends who smoke

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#### The good things about stopping or changing tobacco use

I will save lots of money

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