

Reasons for Smoking vs. Quitting

You can decide whether your motivation to quit is strong enough by doing this simple exercise. On the left side of this table type in your reasons for smoking. On the right side, type in your reasons for quitting.

Reasons for Smoking

Reasons for Quitting

Now, take a look at what you've come up with. It doesn't matter how many reasons there are. It only matters how important the reasons are to you. Which side comes out ahead? Are you leaning toward smoking or quitting?

If you are leaning toward smoking: You may want to give it some more thought. Maybe talk to a friend who used to smoke, and ask why he or she quit. Maybe check out "The Benefits of Quitting" ([click here](#)), and see if any of the benefits can motivate you. You may find a stronger reason to quit.

If you are leaning toward quitting: Take a second look at your reasons to quit. Is there one that really stands out? What matters most to you? Turn that into something you can use - to remember why you're quitting. For example, "I want to have more energy." Or, "I want to live to see my grandkids get married."

Still need support? Call us at 1-800-NO-BUTTS or visit www.nobutts.org.