

Are you ready to Quit?

Here are some thoughts that smokers have about quitting. Please read each sentence carefully and circle the one number that shows what you think about quitting.

10

I have quit smoking

9

I have quit smoking, but I still worry about slipping back, so I need to keep working on living smoke free.

8

I still smoke, but I have begun to change, like cutting back on the number of cigarettes I smoke. I am ready to set a quit date.

7

I definitely plan to quit smoking in the next 30 days.

6

I definitely plan to quit smoking in the next 6 months.

5

I often think about quitting smoking, but I have no plans to quit.

4

I sometimes think about quitting smoking, but I have no plans to quit.

3

I rarely think about quitting smoking, and I have no plans to quit.

2

I never think about quitting smoking, and I have no plans to quit.

1

I have decided not to quit smoking for my lifetime. I have no interest in quitting.

YOU FIRST

VERMONT DEPARTMENT OF HEALTH