

> You can do it

It doesn't matter whether you've tried to quit a dozen times. You are not a bad person or a failure if you slip. You are taking on a big challenge. Learn from it and start again. If you take time to prepare and plan and get support from others, you can break free from smoking.

Here are some questions to think about as you get ready to quit. (Write down your answers.)

1. Why do I want to quit?

2. When I tried to quit in the past, what helped and what didn't?

3. What will be the most difficult situations for me after I quit? How will I plan to handle them?

4. Who can help me through the tough times? My family? Friends? Health-care provider?

5. What pleasures do I get from smoking? What ways can I still get pleasure if I quit?
