



TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals



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

The not so good things about tobacco use

I have to go outside in the cold to smoke

The not so good things about stopping or changing

I will have to avoid my friends who smoke

The good things about stopping or changing tobacco use

I will save lots of money



AlbertaQuits.ca

Call toll-free

1-866-710-QUIT (7848)

