Am I Ready to Make a Change?

Fill out this Worksheet and review your responses. Are your reasons to stop smoking or chewing tobacco more important to you than the reasons you wrote down about continuing to smoke or chew? If so, explore our website, heartnetwork.org, and contact the NYS Smokers' Quitline at 1-866-NY-Quits (1-866-697-8487) or online at www. nysmokefree.com

Things I like about Smoking or Chewing Tobacco Things I don't like about Smoking or Chewing Tobacco Things I like about Stopping Smoking Things I don't like about Stopping Smoking or Chewing Tobacco or Chewing Tobacco **Reasons for Staying the Same Reasons for Making a Change**

Adapted from Miler WR and Rollnick S. <u>Motivational Interviewing: Preparing People for Change</u>. {2nd.ed) The Guilford Press. New York. 2003