

MOTIVATION FOR CHANGE

To change your behavior, it may be helpful to list your reasons for making the change. Complete the sections below. Try to be specific as possible.

REASONS TO BECOME A NONSMOKER

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

REASONS TO SMOKE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____