



Shall I stop smoking???

What do I gain from smoking?

What will I gain by stopping?

Is this the first time you have tried to stop smoking?
Yes/No

If your answer is No:

What is the longest period of time you have managed to go without having a cigarette?

Did you use nicotine replacements?

What made you start again?

What will you do differently this time?

Things that might prevent me from being successful:

Alternative ways of dealing with stressful situations:

How can I get help?