

Are You Ready to Quit Smoking?

It's time to find out.



For each statement below, write the number (1-5) that most fits how you feel. These numbers represent how strongly you agree or disagree with the statement.

1-Strongly Disagree	2-Disagree	3-Neutral	4-Agree	5-Strongly Agree	#
I'm a non-smoker and proud of it!					<i>(do not add to total)</i>
I do not like my smoking habit.					
I am unhappy with how much money I spend on my smoking habit.					
I would be happier if I quit.					
I have attempted to quit in the past.					
I want to quit to improve my health.					
I want to quit to improve the health of others around me (children, pets, roommates, etc.).					
I want to quit to improve my overall appearance (teeth, skin, hair, breath).					
Most of my friends do not smoke.					
No one I live with smokes.					
Most of my friends and family want me to quit.					
I know how to avoid situations that tempt me to smoke.					
I am willing to make lifestyle changes that allow me avoid situations that tempt me to smoke (avoid bars, quit drinking coffee, etc.).					
Overall, my life is stable at work and home.					
I feel positive about my decision to quit.					
I want to feel in control.					
TOTAL					

Add up all your responses. You should end up with a total between 15 and 75. If your total is not within this range, go back and try again. Check the ranges below to see where you stand on quitting:

15-40: Based on your responses, you are not ready to quit smoking. Understanding the consequences associated with smoking is important to changing your mindset. Find out more about the benefits of quitting. Know that you will be more successful if you are determined to quit!

41-57: You are almost ready to quit. From your responses, you seem willing to quit, but unsure about following through. Don't be discouraged. Learn more about quitting and build a support system for yourself.

58-75: You have a high chance in successfully quitting! Don't be afraid to seek help and support. You can do it!

