



# The “Motivating Change” Worksheet



*You can help yourself learn more about your smoking by taking some time to fill out this worksheet.*

- The Motivating Change Worksheet is based on a concept invented by Benjamin Franklin....
- Whenever Mr. Franklin was making an important life decision he weighed all his options...
- By making a list of “What’s Good” and “What’s Bad”, he was able to make a decision about what course of action to take...
- You can use this same method using the Motivating Change Worksheet...
- Take a few minutes and see if you can discover some new information about your smoking that could help you quit this time around!



## All Finished?

- Now, review your choices and decide what is most important to you and what you are willing to work on next with your quitting

## Start out with a basic list of why you want to quit...

### Reasons to Quit

(Add your own reasons in the blanks)

- My health would be better
- I would save money
- My family would stop nagging me to quit
- I would set a good example for my family and friends
- I would feel better about my future
- I would not smell like a stale cigarette
- Food would taste better
- I would fit in better socially
- I would not have to look for a place to smoke all the time
- \_\_\_\_\_
- \_\_\_\_\_

## Now, consider your worries about quitting ...

### Why would quitting be difficult for me?

- How would I fill my free time?
- How will I relax without a smoke?
- What about gaining weight?
- What will I do when I am driving my car?
- After meals when I relax won't be the same.
- How will I cope with my emotions or withdrawal symptoms?
- I am afraid I won't be successful, again.
- \_\_\_\_\_
- \_\_\_\_\_

## What are your likes and dislikes about tobacco?

### Good things I like about tobacco:

- Relaxes me
- Helps me deal with stress
- Gives me something to do
- Like how it feels to inhale
- Is always there for me
- Curbs my appetite
- \_\_\_\_\_
- \_\_\_\_\_

### Things I don't like about tobacco:

- The threat to my health
- The taste in my mouth
- Getting frequent colds
- The expense
- My dependence on it
- How hard it is to quit
- \_\_\_\_\_
- \_\_\_\_\_

*You are on your way to becoming smoke free. Great job!*