

How Ready Are You to Quit?

This tool can help you understand how important quitting is to you. And how confident you are about succeeding. Be sure to share this with your doctor. The way you think and feel about your quit can have an impact on your success.

Circle a number that corresponds to how you feel about quitting.

How **important** to you is it to quit?

0	1	2	3	4	5	6	7	8	9	10
not at all important		somewhat important			very important			extremely important		

How **confident** are you that you can quit?

0	1	2	3	4	5	6	7	8	9	10
not at all confident		somewhat confident			very confident			extremely confident		

How to Think About These Numbers.

First, there are no wrong answers. But whichever number you chose, ask yourself: Why didn't I choose a lower number? For example, if you chose a 5 for how confident you feel about quitting, how come you didn't choose a 4?

Write down the reason(s) below. You may realize you're more confident about quitting than you thought. And that may help you feel even more ready to quit.

I chose a _____ on the **importance** scale.

It wasn't a lower number because:

I chose a _____ on the **confidence** scale.

It wasn't a lower number because:

