

WHAT HAS SMOKING COST ME

Please identify the ways in which smoking has caused problems, inconveniences, and negative feelings for you, being as complete and specific as possible:

1. Physically, what smoking has cost me (Examples: shortness of breath, coughing, heartburn, dizziness, headaches, yellow skin and teeth)?

2. Socially, what smoking has cost me (Examples: having to leave an event to smoke, late-evening trips to the store, a feeling of being “exiled” from others, concern (and, yes, lectures) from family members)?

3. Emotionally, what smoking has cost me (Examples: guilt, embarrassment, panic when I run out of cigarettes, anger when I can’t smoke, fear of how it’s affecting my health)?

WHAT I WILL GAIN FROM NOT SMOKING

Please identify the ways in which not smoking will improve your life, being as complete and specific as possible

1. How much better will you feel physically without smoking (For example, food will taste better, you'll have more stamina and energy)?

2. How will not smoking improve your life socially? (For example, not having to leave in the middle of an event, not having to check your cigarette supply before going somewhere, being more "datable" (if you're single)?)

3. How will your life improve emotionally without smoking (For example, pride in your accomplishment, getting rid of the guilt, peace of mind)?
