Reasons for Quitting

Right now, it is hard to see yourself living tobacco-free. Benefits of quitting do not outweigh the risks for you. You are not sure you want to make a change. You enjoy where you are at. There are not many reasons to take further steps. You are not really thinking about quitting at this time. These are common feelings before a major lifestyle change.

For now, think about why you use tobacco. Knowing why you use tobacco will help you understand what need you are trying to meet. There are 3 groups of typical reasons. Check the reasons you relate to.

- **Physical dependence**
  - I smoke or use tobacco to avoid withdrawal symptoms.
  - It relaxes me.
  - Other _____.

- **Psychological dependence**
  - I cannot think straight without tobacco.
  - I “need” it.
  - It comforts me.
  - Other _____.

- **Habit**
  - Each time I get in my car
  - Each morning, to start my day
  - After each meal
  - When I drink alcohol
  - When I am in certain social situations
  - It is part of my routine.
  - Other _____.

It might not be easy for you to pick your own reasons for using tobacco. This is normal for many people who struggle with any addiction.
<table>
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<tr>
<th>Good things about tobacco</th>
<th>Not so good things about tobacco</th>
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**Resources to help you quit**

(800) QUIT NOW (784-8669)
Gundersen Health System tobacco cessation programs
(800) 362-9567 ext 55442
email: wellness@gundersenhealth.org
gundersenhealth.org/wellness
Wisconsin Tobacco Control
tobwis.org
UW-Center for Tobacco Research and Intervention
ctri.wisc.edu
USPHS Guideline and materials
Surgeongeneral.gov/tobacco
Smokefree.gov