

# 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.

<b>List your likes and dislikes of tobacco use and quitting.</b>	
<b>Good things about tobacco</b>	<b>Not so good things about tobacco</b>
<b>Not so good things about quitting</b>	<b>Good things about quitting</b>

Adapted from: Health Behavior Change: A Guide for Practitioners, S.Rollnick, P. Mason and C. Butler, 1999.

### **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](mailto:wellness@gundersenhealth.org)

[gundersenhealth.org/wellness](http://gundersenhealth.org/wellness)

**Wisconsin Tobacco Control**

[tobwis.org](http://tobwis.org)

**UW-Center for Tobacco Research and Intervention**

[ctri.wisc.edu](http://ctri.wisc.edu)

**USPHS Guideline and materials**

[Surgeongeneral.gov/tobacco](http://Surgeongeneral.gov/tobacco)

**Smokefree.gov**