What do I like and not like about tobacco?

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>
<thead>
<tr>
<th>Good things about tobacco</th>
<th>Not so good things about tobacco</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Not so good things about quitting</th>
<th>Good things about quitting</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>


**Resources to help you quit**

(800) QUIT NOW (784-8669)
Gundersen Health System tobacco cessation programs
(800) 362-9567 ext. 55442
e-mail: 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