PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

TIPS FOR CUTTING DOWN OR QUITTING SMOKING

Use the following for-and-against list to outline the short and long-term advantages to quitting smoking. In one column write down the advantages for smoking and in the other your reasons for quitting. Keep in mind the advantages and disadvantages to your health, family, friends, finances, self-esteem, and emotional well-being. Refer to the list from time to time to remind yourself of why you are quitting.

DECISIONAL BALANCE SHEET

List the advantages and disadvantages to yourself and to others.

	ADVANTAGES	DISADVANTAGES
TO SELF		
TO OTHERS		

WEEKLY GOALS

Week 1_____ Week 3_____

Week 2_____ Week 4_____

Adapted from CPhA QUIT Program ©2006 Canadian Pharmacists Association