Do I Want to Stop Smoking Now?

Most people who smoke have thought about quitting or have possibly made an attempt to do so. Quitting smoking can be difficult. No one can make you do it. Ultimately it comes down to your decision, and the reasons for choosing are yours.

Try writing down your reasons for smoking and the reasons why you would like to quit. Think this through carefully and be honest with yourself. Focus on the reasons that are important to you. Hopefully, the reasons why you want to quit will outweigh the reasons why you smoke.

Why I want to smoke e.g. It helps me relax.	Why I want to quit e.g. I want to live longer for my family.