

Patient Decision Making Tool: *When You're Not Quite Ready to Quit*

Name _____ Date _____
Current Tobacco Use _____ / Day

Good Things about Tobacco

Not So Good Things about Tobacco

Not So Good Things about Quitting

Good Things about Quitting

What are you thinking now?

Ideas For Consideration:

- Avoid smoking with friends
- Cut down, skip cigarettes or chew goal for cutting down to _____
- Replace tobacco with nicotine replacement products such as gum, lozenges, or patches (if not medically contraindicated, e.g. pregnant patients)
- Use patches to assist with cutting back - (if not medically contraindicated, e.g. pregnant patients). **Discontinue use if nausea develops**

- Stop smoking in house, car, or specific places
- Call The Quit Line



- Other ideas or things that have worked in the past:
