



## LOOKING BACK: A Self-Reflection

### Tobacco Worksheet

When you think about your recent decisions about using tobacco, how satisfied are you?

- If you are a non-user, how strong are you in your conviction to stay that way?
- If you are an occasional user of tobacco, how do you feel about that choice?
- If you are a regular user, is this what you really want? Do you want to quit using tobacco?  
Or, are you satisfied with your current decision?

How do your decisions about tobacco use or non-use affect your relationships with others? Do you choose friends, and do friends choose you, because of your choices about tobacco? What do you think of this?

How do you believe your decisions affect others' behavior about tobacco use? What would you like your decisions to do?

What influences your decisions about tobacco use or non-use? To what extent do peers and friends affect this? What role do advertising and marketing efforts play? To what extent are your decisions truly that – your own?

If you want to change your decisions about tobacco use, what might help change them?

In what ways do you believe it is appropriate to talk with others about their decisions about tobacco use or non-use? What circumstances, if any, might warrant this discussion?

