



MOVING AHEAD: The Challenge

Tobacco Worksheet

When you think about your decisions about tobacco use or non-use, what might you want to change?

When you think about getting involved with others about their decisions about the use or non-use of tobacco, what might you want to do differently with them in the future?

If you want to quit your use of tobacco products, how badly do you really want to quit?

If you are an occasional user of tobacco products, what do you want to do in the future? If you want to maintain your current level, how can you successfully manage that, so that your use does not increase? If you want to lower your use, what specific steps can you make to accomplish that?

If you think about your tobacco use, list specific benefits below regarding your use of tobacco. Now list specific drawbacks regarding your use of tobacco. Compare the two, and see how they relate to one another.

Benefits	Drawbacks
•	•
•	•
•	•
•	•
•	•
•	•

If you are a regular use of tobacco, what is it that you want to do regarding your future behavior – in the next month? In the next year? Within 5 years?

What specific action steps are you willing to think about, what are you willing to seriously consider, and what are you willing to commit yourself to doing in the relatively near future. Use the worksheet below to address these.

Action Step: Willing to..... (√)

...seriously consider ...think about ... commit to

- a.
- b.
- c.
- d.
- e.
- f.

