


Tobacco Cessation Balance Tool

Are your reasons for using tobacco more or less important than your reasons to quit? Fill out each section as truthfully and completely as possible. This tool is designed to help you determine your readiness to quit.

<p>List the positives of using tobacco</p>	<p>List the negatives of using tobacco</p>
<p>List the negatives of quitting tobacco</p>	<p>List the positives of quitting tobacco</p>



This document is for general information only and is not intended as a substitute for professional medical care.