

Weighing the pros and cons

A tool to help you decide to change your nicotine use

What makes you want to smoke or vape? What makes you want to stop? Use this tool to weigh your reasons for continuing to smoke or vape (pros) against your reasons for quitting (cons). Everyone's reasons are different. Start with the examples below and add your own. Hold on to your reasons for quitting-they can help you make a change.

The pros of smoking or vaping

Vaping helps me feel relaxed

The cons of smoking or vaping

I have to go out in the cold to smoke

The cons of quitting

I may need to avoid friends who vape

The pros of quitting

I will protect my kids and pets
