

DECISIONAL BALANCE SHEET

In one column write down the advantages of smoking and in the other your reasons for quitting. Keep in mind the advantages and disadvantages to your health, family, friends, finances, self-esteem, and emotional well-being. Refer to this page whenever you need a reminder of why you are quitting.

ADVANTAGES

DISADVANTAGES

TO SELF

TO OTHERS

WEEKLY GOALS

Set small weekly goals to keep yourself on track.

Week 1 _____ Week 3 _____

Week 2 _____ Week 4 _____