

## Getting Ready for Your Next Office Visit—Quitting Tobacco Use

My Reasons to Quit: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

It's common to feel conflicted about stopping tobacco use. List the pros and cons that go through your mind when you think about quitting.

### Cons of Quitting

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Pros of Quitting

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Note: Those positive thoughts and feelings you wrote in the pros box are your motivators to quit. Those negative thoughts and feelings you wrote in the cons box are the conflicting barriers preventing your successful quit attempt.

Timeframe to quit. I want to quit ...

- I've already started trying
- Within the next 30 days
- Within the next 3 months
- Within the next 6 months
- Within the next year

- My top tobacco use [triggers](#) (i.e. morning cup of coffee, driving, stress, etc)  
\_\_\_\_\_  
\_\_\_\_\_
- My top [coping strategies](#) (i.e. use [positive self-talk](#), walk the dog, deep breathing, drink water, etc.)  
\_\_\_\_\_  
\_\_\_\_\_
- My support systems (program or person)- list 3-5 outlets for support  
\_\_\_\_\_  
\_\_\_\_\_
- My benefits to quitting (i.e. More money in my pocket, better quality of life to spend with my children, etc.)  
\_\_\_\_\_  
\_\_\_\_\_

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*FDA-Approved cessation medication + counseling program is **proven to be most effective** in helping people quit.*

### 1. Quit Medications

- Long-Acting Medications
  - Nicotine patch
  - Varenicline (Chantix®)
  - Bupropion (Zyban® or Wellbutrin®)
- Short-Acting Medications
  - Nicotine gum
  - Nicotine lozenge
  - Nicotine nasal spray
  - Nicotine inhaler

### 2. Tobacco Cessation/Quit Programs

Have tried before

Willing to try now

- One-on-one, face-to-face tobacco cessation program
- Group tobacco cessation program
- Telephonic tobacco cessation program (like 1-800-QUIT-NOW)
- Online tobacco cessation program
- Self-Help Guide for Tobacco Cessation

**Quit Date:** \_\_\_\_\_

### Next Steps:

- Connect with healthcare provider to discuss quitting & FDA-approved medications
- Register for a Cessation Counseling Program, such as [Freedom From Smoking](#)
- Find additional support from friends, family, and/or a Quitline

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**For more information about quitting tobacco use, visit the American Lung Association website at [Lung.org](#) or call the free Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).**

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