

## PRECONTEMPLATION

*For Patients Not  
Wanting To Quit Smoking*

### Listen to the facts:

- *Is smoking affecting your health?*
- *Do you have smoking-related symptoms?*
- *Is your smoking affecting loved ones?*

### Consider your position:

- *How do you feel about being a smoker?*
- *Do friends and family urge you to quit?*
- *Are you afraid you can't quit?*

### Think about it!

- *Talk it over with your Doctor.*
- *You are in charge of your life.*



## CONTEMPLATION

*For Patients  
Thinking About Quitting*

### Is It Important For You To Quit?

- *Does your smoking:*
  - Harm your health?*
  - Reduce your fitness?*
  - Affect other people?*

### Weigh the Pros and Cons.

- *Why do you smoke?*
- *Why do you want to quit?*
- *Where can you go from here?*

### Don't Get Stuck - Get Started.

- *The Choice Is Yours!*
- *Consider steps toward quitting.*



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