



Activity 1

THE LAST TIME I TRIED TO QUIT

If you have tried to quit smoking in the past, this activity will help you learn how to improve your chances of quitting for good. It will also help you learn from past efforts so that you can be more successful the next time. If this is the first time you've tried to stop, listening to others share their experience can help you.

What fears or concerns do I have about quitting smoking?

1. How long did I go without smoking?

2. What kept me from smoking when I quit?

3. Did I feel better physically?

4. What felt good about quitting?

5. What was hard about quitting?

6. What led me to start smoking again?
