

What do I like and not like about tobacco?

It might not be easy for you to pick your own reasons for using tobacco. This is normal for many people who struggle with any addiction.

List your likes and dislikes of tobacco use and quitting.	
Good things about tobacco	Not so good things about tobacco
Not so good things about quitting	Good things about quitting

Adapted from: Health Behavior Change: A Guide for Practitioners, S.Rollnick, P. Mason and C. Butler, 1999.

Resources to help you quit

(800) QUIT NOW (784-8669)

Gundersen Health System tobacco cessation programs

(800) 362-9567 ext. 55442

email: wellness@gundersenhealth.org

gundersenhealth.org/wellness

Wisconsin Tobacco Control

tobwis.org

UW-Center for Tobacco Research and Intervention

ctri.wisc.edu

USPHS Guideline and materials

Surgeongeneral.gov/tobacco

Smokefree.gov

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