



Quitting: Cost vs. Benefit

Think of all the good and bad things regarding using and quitting. Please be as specific as possible. Prioritize both lists. Share your ideas with a non-judgmental, supportive friend.

The Benefits of Using
(What does smoking do for you?)

The Benefits of Quitting
(What are the benefits of quitting?)

The Down Side of Using
(What's "bad" about using?)

The Down Side of Quitting
(What does quitting cost you?)



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