

## Smoking/Tobacco Use Pros & Cons Sheet

<p>What is good about smoking/tobacco use? What do you enjoy about it?</p>	<p>What is not so good about smoking/using tobacco?</p>
<p>What makes it hard for you to quit? What scares you about quitting?</p>	<p>What would be good about being tobacco-free?</p>

Reasons to stay the same

Reasons to change