

Questionnaire 1 › Are You Ready to Quit?

Answer the questions by checking Yes or No.

1. Do you want to quit smoking for yourself?	Yes	No
2. Is quitting smoking a #1 priority for you?	Yes	No
3. Have you tried to quit smoking before?	Yes	No
4. Do you believe smoking is dangerous to your health?	Yes	No
5. Are you committed to trying to quit even though it may be tough at first?	Yes	No
6. Are your family, friends and co-workers willing to help you quit smoking?	Yes	No
7. Besides health reasons, do you have other personal reasons for quitting smoking?	Yes	No
8. Will you be patient with yourself and keep trying if you slip or backslide?	Yes	No

If you answered YES to 4 or more of these questions, you are ready to quit smoking. **GOOD LUCK!**

If you answered YES to less than 4 questions, please talk to your Freedom From Smoking® Clinic Facilitator.

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