Decisional Balance Tool

REASONS TO STAY THE SAME	REASONS TO CHANGE
Benefits:	**Concerns:**
What do you like about smoking? • • • • • •	What concerns you about smoking? • • • • • •
Concerns:	**Benefits:**
What concerns would you have if you were to quit? • • • • • •	What are the benefits of quitting? • • • • • •

On a scale of 1-10, how ready are you to quit smoking?
(1 = not ready; 10 = ready)

◀ 1   2   3   4   5   6   7   8   9   10 ▶

On a scale of 1-10, how confident are you that, if you tried, you could quit for good?
(1 = not at all confident; 10 = very confident)

◀ 1   2   3   4   5   6   7   8   9   10 ▶

On a scale of 1-10, how important is quitting smoking to you?
(1 = not at all important; 10 = very important)

◀ 1   2   3   4   5   6   7   8   9   10 ▶