

THE QUICK STOP SCORECARD

If you want to quick smoking, start by completing, *The Quick Stop Scorecard*. Rate your reactions to each pair of phrases. Decide where you lie on the scale from 1 to 10. Add up your total from each column. Speak to one of our practitioners to understand the significance of your score.

I don't want to quit smoking	1	2	3	4	5	6	7	8	9	10	I want to quit smoking
I am not prepared to do what it takes to quit smoking	1	2	3	4	5	6	7	8	9	10	I am prepared to do what it takes to quit smoking
I am not aware of the negative effects smoking is having on my body, and my life	1	2	3	4	5	6	7	8	9	10	I am aware of all the effects smoking has on my body and my life
I don't know what I should do to quit smoking	1	2	3	4	5	6	7	8	9	10	I know exactly what I need to do to quit smoking
I've wasted a lot of time and money trying to quit smoking in the past	1	2	3	4	5	6	7	8	9	10	I have found a quick and inexpensive way to quit smoking
I do not have any supports to help me quit smoking	1	2	3	4	5	6	7	8	9	10	I have all of the supports I need to quit smoking
I am concerned about the side effects caused by smoking cessation	1	2	3	4	5	6	7	8	9	10	I am not concerned about the side effects caused by smoking cessation
I don't have a plan to quit smoking	1	2	3	4	5	6	7	8	9	10	I have a complete plan to quit smoking
I don't think I will be able to quit smoking forever	1	2	3	4	5	6	7	8	9	10	I am confident that I will never smoke again
I am discouraged about my smoking and its effects on my life	1	2	3	4	5	6	7	8	9	10	By quitting smoking, I feel great about my health and my life
ADD COLUMN TOTALS											YOUR SCORE _____

WHY DID YOU GIVE YOURSELF THAT SCORE?

WHAT DO YOU THINK YOU NEED TO DO TO IMPROVE YOUR SCORE?