



## *Quitting – It is not easy and takes time!*

Getting ready to quit and finally quitting takes time and planning. People who have been able to quit smoking are those that can say, **"I am ready to quit!"**

Below are some of the stages that people who are trying to quit smoking go through. Use this list as a guide to see where you are in this process. You may go through all of the stages or only a few. You may notice that you go through some more than once.

### **Check off which ones apply to you:**

- You are a person who smokes and is worried about your health.
- You have decided that you will gather information about quitting.
- You have decided to take some steps to lower your smoking risk such as cutting back, changing brands, exercising.
- You decide you want to definitely quit but you are not ready to set a date.
- You set a quit date and commit to quit on that date.
- You smoke your last cigarette and go 24 hours without lighting up.
- You complete your first week as a nonsmoker.
- You complete your first month as a nonsmoker.
- You complete three months smoke-free.
- You are smoke-free for one year.
- You are ready to call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW (1-800-784-8669). It's FREE!**