Seeing the forest beyond the trees

In order to successfully change a habit like quitting tobacco or vaping, there are a few things to consider and address to move forward in this process. These exercises are designed to bring these issues to light.

1. The pros to becoming tobacco free need to outweigh the cons: Take a moment to list at least 5 pros and 5 cons to quitting (you may use the back if there are more).

Pro	Con

2. How do I know when I'm stressed? What are indications that I am feeling stressed? Take a moment to list some behaviors or physical sensations noticed when you're experiencing stress. Examples include increased smoking, chewing, or vaping; increased eating; being short-tempered or anxious; feeling bored or forgetful; avoiding friends and family; having trouble sleeping, etc.

3. How do I deal with my distressing feelings? Take a moment to think about:
   - What are things that cause me anger?
   - When was the last time I felt anger?
   - Do I give myself permission to be angry?
   - How do I express anger?
   - Do I give myself permission to cry?
   - How do I really feel about crying?

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