Quitting Tobacco and Vaping questionnaire

Please rate the following items.
Circle the number that represents how much you agree with each statement.

Items	Strongly disagree (1) to Strongly agree (5)				
I have all the tools I need to work through challenges while I am quitting.	1	2	3	4	5
I am confident in my ability to quit while I manage stress.	1	2	3	4	5
It is easy for me to bring mindfulness into my daily routine to help with quitting.	1	2	3	4	5
When needed, I can set aside stressful feelings, cravings, and intrusive thoughts and be present at work or for my family.	1	2	3	4	5
I am open to the possibility that stressors or challenges related to quitting may have a positive outcome down the road.	1	2	3	4	5

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