



SMOKE-free

Get help kicking the tobacco habit

Are You Ready to Change?

Take this quiz with you when you talk to your doctor or care manager about your plan to quit smoking. To determine your readiness to change, circle true or false for each of the following statements:

- | | | |
|---|------|-------|
| 1. I quit smoking more than 6 months ago. | TRUE | FALSE |
| 2. I quit smoking within the past 6 months. | TRUE | FALSE |
| 3. I plan to quit smoking in the next month and have already made a few small changes in my behavior. | TRUE | FALSE |
| 4. I plan to quit smoking in the next 6 months. | TRUE | FALSE |

If you scored:

- False for all four statements = You are in the Pre-contemplation Stage.** You are against changing your habit. You need more education about the risks of smoking. Talk to your family and doctor about the risks.
- True for statement 4, false for statements 1, 2 and 3 = You are in the Contemplation Stage.** You appear to be ready to quit smoking. Call Indiana's Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) or your doctor. They can help you come up with a strategy to help you quit smoking.
- True for statements 3 and 4, false for statements 1 and 2 = You are in the Preparation Stage.** You have decided to quit smoking and are taking the necessary steps to prepare to quit. Work with Indiana's Tobacco Quitline (1-800-QUIT-NOW) or your doctor to prepare for your quit date.
- True for statement 2, false for statements 1, 3 and 4 = You are in the Action Stage.** You are taking the right steps needed to quit smoking. Keep up the good work and continue to use the support of doctors, friends, family and Indiana's Tobacco Quitline (1-800-QUIT-NOW) in order to be successful.
- True for statement 1, false for statements 2, 3 and 4 = You are in the Maintenance Stage.** Congratulations on quitting smoking. Continue to use your support system in order to be successful.



Source:

Prochaska, J. O., J. C. Norcross, and C. C. DiClemente. 1994. *Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward*. New York: Avon Books.

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