

All of the tools to help you quit are ready and waiting for you at ANEW WAY Therapy. Are you willing to use them? Rate each scenario from 1-5 and once you have finished, total them to find the category you fall into. **Don't worry if you don't get the answer you're looking for, we can help you get there.**

Always: 5 • Often: 4 • Sometimes: 3 • Seldom: 2 • Never: 1

ANSWERS

- | | | |
|----------|---|-------|
| 1 | I think about quitting almost every day. | _____ |
| 2 | I am starting to feel out of breath and unhealthy. | _____ |
| 3 | I know I should quit, because I'm aware of the health risks due to complications from tobacco use. | _____ |
| 4 | I feel self conscious about how my habit effects to my general appearance (teeth, breath, hair, etc.) | _____ |
| 5 | I'm worried that I won't be able to get past my triggers or cravings without help. | _____ |
| 6 | I don't like having to go outside or having to find an appropriate area to smoke all the time. | _____ |
| 7 | I usually only buy one pack or tin at a time because I feel I will soon quit and I know I should. | _____ |
| 8 | I feel guilty about how much money I spend on my habit. | _____ |
| 9 | I spend a majority of my time with non smokers and people who support my decision to quit. | _____ |

RESULTS

TOTAL

- | | | |
|--------------|--|-------|
| 9-17 | You know that you need to quit and you know why... but you still have your doubts. Give us a call for your free consultation today for more information on the ANEW WAY Therapy process and how we can help you better prepare to make the change. | _____ |
| 18-29 | You have an amazing foundation to quit now and we know you can do it! The reservations you have aren't the mountains they seem once you break them down into manageable timeframes and goals. Give yourself a chance to lead a healthier life! | _____ |
| 30-45 | There is no doubt, you're ready to quit! ANEW WAY Therapy can help alleviate any remaining concerns and get you the rest of the way there! Call today! Let's get you started! | _____ |