

SMOKING & RECOVERY TOOLKIT



SMOKINGANDRECOVERYTOOLKIT.COM



WHAT'S YOUR **PROBLEM?**



Smoking cigarettes is risky business.

Whatever pleasures are received from smoking must be weighed against the long-term health consequences of introducing 70 known cancer-causing chemicals into your lungs. Our days are spent managing risk. Should I cross the street before waiting for the light to change? Can I drive another few miles before stopping for gas? What about that frayed wire on my toaster?



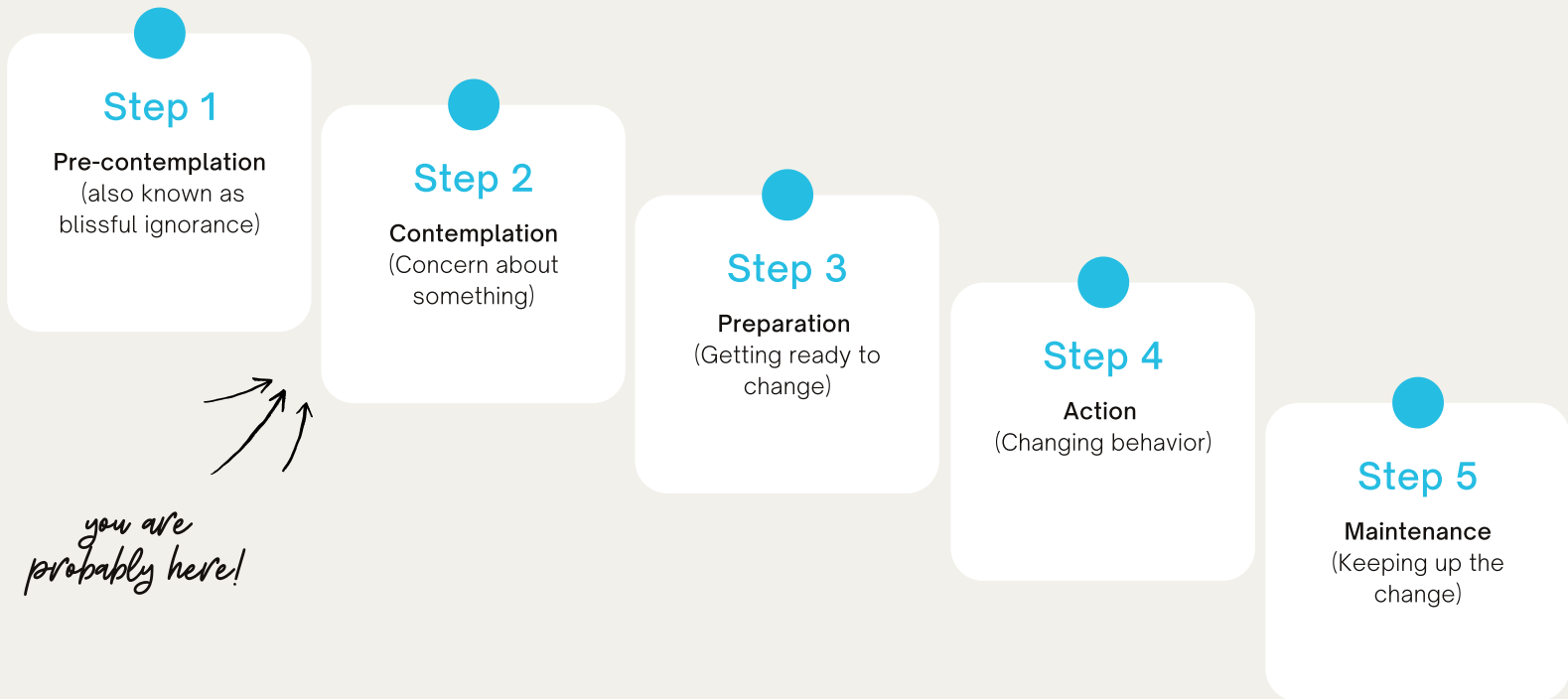
SMOKINGANDRECOVERYTOOLKIT.COM

Improving health by lowering risk involves changing behaviors. Despite the TV ads there is no magic way to lose weight or prevent disease. The Greek philosopher Socrates suggested:

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

Stages of **Change** Process

There are several steps involved in what is called the Stages of Change Process.



As you read this, you are acknowledging that you have moved from the pre-contemplation stage to the contemplation, or maybe even preparation stage.