

The pros and cons of quitting

Looking at the pros and cons of quitting can help you sort out your feeling.
Write down your thoughts in each of the four categories below.

<p>Good things about smoking</p>	<p>Not so good things about smoking</p>
<p>Not so good things about quitting smoking</p>	<p>Good things about quitting smoking</p>

After looking at the “good things” and “not so good things,” where does this leave you now?
