

PROS AND CONS TOOL

Pros of Quitting	Cons of Quitting
<ul style="list-style-type: none"> ▪ NO exposure to harmful components of cigarette and second hand smoke (may still be exposed if around other smokers) ▪ Less triggers to relapse to smoking ▪ Positive health benefits ▪ Save money ▪ Home will smell clean ▪ Won't expose friends, family and pets to ETS ▪ Have more time, won't have to take so many breaks to smoke ▪ Friends and family won't bother person to quit 	<ul style="list-style-type: none"> ▪ Loss of coping mechanism ▪ Feel like a loss of a 'friend' ▪ Hard to be around smoking friends/feel isolated at 'smoking breaks' ▪ Won't know how to reward self ▪ Feel deprived ▪ May gain weight
Pros of Cutting down	Cons of cutting down
<ul style="list-style-type: none"> ▪ Less harm to people that smoke heavily and are unable to quit completely ▪ Less harm from exposure to second hand smoke ▪ Part of a process to reach a goal of abstinence (Starts to change behavioural and habitual aspects of smoking) 	<ul style="list-style-type: none"> ▪ Delays the quitting process ▪ Continued harm to those that may have quit completely ▪ Younger people who are considering starting smoking may view harm reduction option as a safer alternative ▪ Potential for ex-smokers to relapse to smoking occasionally and then to smoking daily once again ▪ Can be more difficult to continue smoking rather than stopping altogether ▪ More difficult to keep track of how much you are smoking due to compensation