

# Not sure if you are ready to quit?...

## STEP 1:

Rate your **MOTIVATION** to quit:



## STEP 2:

Rate your **CONFIDENCE** to quit:



**STEP 3:** If you think you are even **slightly motivated** to quit smoking speak to your clinic and check out the supports listed on this card - they may give you the **increased confidence** you need to give quitting a go! Remember, it doesn't matter if you have not been successful in the past, even if you feel only **slightly confident** you can quit, give it a try – what are you waiting for?

**Positively Quitting...**  
You'll be glad you did.



1st September 2009



*Ref: Questionnaires adapted from RACGP Smoking Cessation Guidelines for Australian General Practice. Practice Handbook (2004 Edition) and Desktop Guidelines and Patient Education Materials.*

# Positively Quitting...

You'll be glad  
you did



[www.qpp.net.au](http://www.qpp.net.au)

**Quitting smoking is a process.  
To whatever degree you succeed in  
giving up, benefits will follow, such  
as a healthier you and money saved!**

Quitting smoking may not always be easy, but if you slip or relapse, just give it another go – start again. Many people find that it can take a number of attempts until they completely succeed. If you are cutting down, that's a good sign that you'll eventually succeed and quit!

You may have discussed smoking with your doctor or clinic and are comfortable with the support and treatment provided by them. We think you should be, as your doctor and clinic is your best source of ongoing therapeutic support on the road to quitting. However, if you require additional support QPP can provide a range of options such as:

\* Conditions apply.

1. Reimbursement of your expenses for Nicotine Replacement Therapies (NRT) or other smoking addiction treatments prescribed by your doctor.\*
2. Assistance in locating and purchase of self-help and other support resources.\*

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**More Info? Contact:**  
Queensland Positive People (QPP)  
State Resource Centre  
Phone: (07) 3013 5555  
Phone: 1800 636 241 (Toll Free)  
Email: [info@qpp.org.au](mailto:info@qpp.org.au)  
Web: [www.qpp.net.au](http://www.qpp.net.au)

**Have you also considered  
some websites for help?**  
[www.quitcoach.org.au](http://www.quitcoach.org.au)  
[www.quitbecauseyoucan.org.au](http://www.quitbecauseyoucan.org.au)  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)  
[www.quitnow.info.au](http://www.quitnow.info.au)

## Try this quick quiz to see if smoking has a hold you?

1) Do you smoke your first cigarette of the day within the first 30 minutes of waking up?

Yes  No

2) Do you smoke more than 15 cigarettes per day?

Yes  No

...If you answered yes to either of the above questions you are probably dependent on nicotine.

**Call the Quitline on 13 QUIT (13 7848)  
or speak to your clinic.**

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*You'll be glad you did.*

