

## Where Am I?

### PRECONTEMPLATION



- Not thinking of quitting
- Fee that things are fine
- Do not see a problem

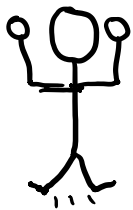


### CONTEMPLATION

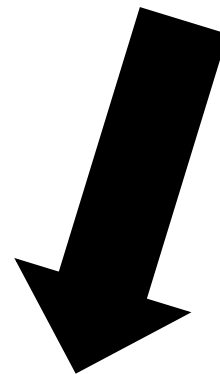


- Thinking of quitting
- Wondering how I affect others
- Maybe trying small changes.

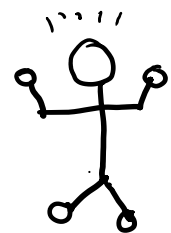
### MAINTENANCE



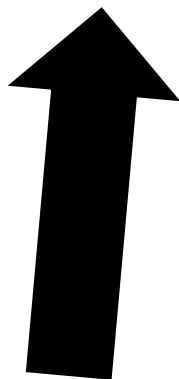
- No use in long time
- Accepting myself
- Helping others who are Still using



### PREPERATION



- Have a plan to quit
- May have "cut down"
- Can see the benefits Of quitting



### ACTION



- Have quit using
- Am avoiding triggers
- Asking others for Support

