

Pros and Cons of Quitting Worksheet

1. Pros of Quitting

Consider the positive outcomes and benefits of quitting the substance or behavior. Think about short-term and long-term benefits, including health, relationships, finances, and self-esteem.

Health Benefits	
Financial Savings	
Relationships	
Professional Growth	
Self-Esteem and Mental Health	

2. Cons of Quitting

Consider the challenges, drawbacks, or negative aspects of quitting. This might include withdrawal symptoms, changes in social circles, or how you cope with stress.

Withdrawal Symptoms	
Social Adjustments	
Coping Mechanism Loss	
Identity and Lifestyle Changes	

3. Weighing Your Options

Reflect on the pros and cons you've listed. Which side feels more compelling to you?

What insights have you gained about your readiness and desire to quit?

Considering the cons, what strategies can you develop to address these challenges?
