

# Ready To Stop, Not Ready To Stop: Adding It Up

**Directions:** Fill in each box (A) Good things about quitting, (B) Good things about not quitting, (C) Bad things about quitting, and (D) Bad things about not quitting, as you see it.. Then go to page two.

**...About Quitting**

**...About Not Quitting**

**Good  
Things...**

**A**

**B**

**Bad  
Things...**

**C**

**D**

