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.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>...<strong>About Quitting</strong> ...</td>
<td>...<strong>About Not Quitting</strong> ...</td>
</tr>
<tr>
<td>C</td>
<td>D</td>
</tr>
</tbody>
</table>

Good Things…

Bad Things…

Adapted by Lance Echo-Hawk, MA, from “The Addiction Workbook” by Fanning and O’Neill
Ready To Stop, Not Ready To Stop:
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1. Mentally add up the “cost/benefits” of (A + D) and (B + C). Does one side seem to have more control over your decisions right now?

2. Rate each letter with a 1 (not important to me) 
   2 (slightly important) 
   3 (important) 
   4 (very important) 
   5 (totally important to me)

   B:  1 2 3 4 5
   C:  1 2 3 4 5
   A:  1 2 3 4 5
   D:  1 2 3 4 5

3. Where will this decision most likely take you?

   Not ready to quit

   Ready to quit

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