



**ASSESS: Determine the tobacco user’s “stage of change,” or readiness to quit.**

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**Precontemplation** No intention of changing their tobacco use in foreseeable future

**Contemplation** Aware that tobacco use is a problem but not committed to taking action

**Preparation** Intend to quit tobacco use in the near future

**Action** Actively changing behavior, committing time and energy to quit

**Maintenance** Preventing tobacco use relapse

**Ask: “Are you willing to give quitting a try?”**

**Response** Stage of Change / Pocket Card

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**“No”** Precontemplation / Unwilling to Quit

**“Maybe”** Contemplation / Unwilling to Quit

**“Yes”** Preparation / Willing to Quit

**“I am quitting”** Action / Positive Reinforcement

**“I already quit”** Maintenance / Positive Reinforcement

Cancer Prevention Research Center, University of Rhode Island. Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.



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