

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

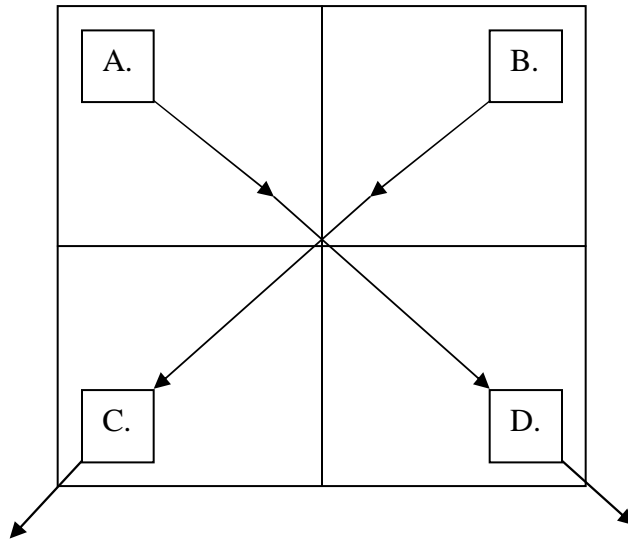
**Bad
Things...**

C

D

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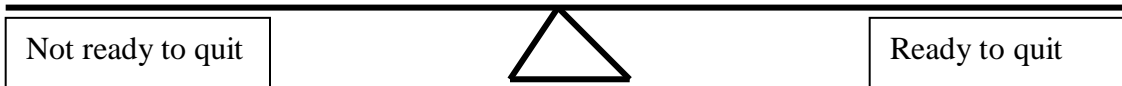
1. Mentally add up the “cost/benefits” of (A + D) and (B + C). Does one side seem to have more control over your decisions right now?



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?
