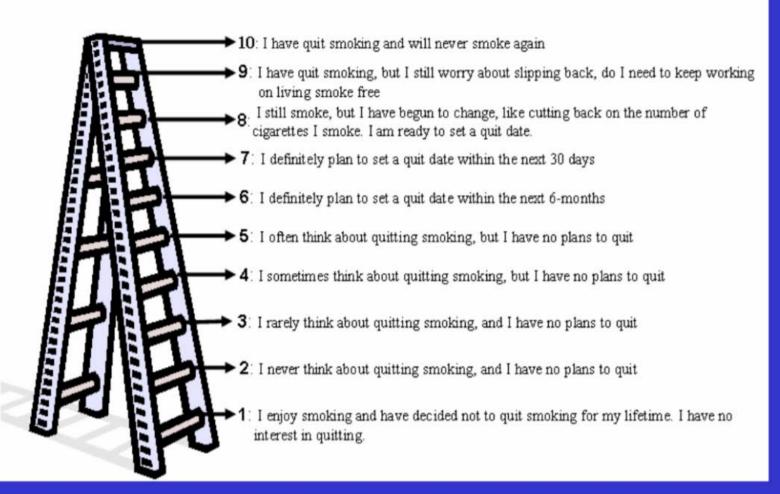
Contemplation Ladder

On the ladder below, each step represents the mindset of various smokers when they think about quitting.

Circle the number that best indicates where you are now.



From: https://nysmokefree.com/confcalls/CCNYSDownloads/03072007/TGeorgePres.pdf