

# Recording your decision

## Worksheet | June 2024

Research shows that it helps to write down your reasons for making a change, looking at it from all angles. You might like to take a minute to write out your personal reasons for vaping and thoughts about change using the table below.

Rate each item on a scale of one to ten to indicate how important these are to you, with one being not at all important and 10 being extremely important.

### Pros and cons of vaping

Good things about vaping		Not so good things about vaping	
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10

To get a further perspective, it is useful to record the pros and cons of stopping. You may find that your reasons for stopping are not just the opposite of the reasons for vaping. This added information may help reinforce your decision for change.

### Pros and cons of stopping vaping

Good things about stopping vaping		Not so good things about stopping vaping	
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10
	/10		/10

**Reference:** The Sydney Children's Hospital Network. Clinician's Guide to Supporting Young Adults Quit Vapes. Sydney; 2023.

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