#### People decide to quit smoking for different reasons and very often the decision has nothing to do with improving their health and decreasing their risk of developing tobacco-related illnesses. Instead what motivates many people to change can be a concern for how cigarette smoking affects the people they care about. In this exercise, list the names of all the people that are close to you and write down next to their names how you think your cigarette smoking affects their health or how it impacts your relationship with them.

🎔 MY SPOUSE, SIGNIFICANT OTHER, OR PARTNER

🎔 MY CHILDREN

🎔 MY PARENTS

🎔 OTHER RELATIVES

🎔 MY FRIENDS