

Personal Task #3 will assist you in identifying your reasons to quit. The Reasons for Quitting Questionnaire is based on earlier work with tobacco cessation and has been modified based on initial results with people who use marijuana and seek treatment.

The 26 items assess reasons for quitting marijuana in the following broad categories: health concerns, desire for self-control, and social and legal influences. It is an excellent tool to help you stay on track by recalling why you decided to stop smoking in the first place. We have a tendency to replace the reasons not to smoke by reasons to smoke when the going gets a little tough.

Personal Task #3 also provides an opportunity to list your goals. This includes any personal, professional, or even play goals. This will empower you and strengthen your desire to put an end to this cycle. As I mentioned, we all have a tendency to forget the “whys.” Therefore, as you read through the book, return to your answers to the Reasons for Quitting Questionnaire and review them often.

People who want to stop smoking marijuana may have several reasons for quitting. I am interested in finding out your reasons for wanting to quit. There are no right or wrong reasons. Any reason is a good one. Below is a list of reasons that a person may have. Please read each statement and circle the number that best describes how much this reason applies to you at this time.

I want to quit Marajuana at this time:

Not at all

Very Much

	1	2	3	4
1. To show myself that I can quit if I want to	1	2	3	4
2. Because I will like myself better if I quit	1	2	3	4
3. Because I won't have to leave social functions or other peoples houses to smoke	1	2	3	4
4. So that I can feel in control of my life	1	2	3	4
5. Because my family and friends will stop nagging me if I quit	1	2	3	4
6. To get praise from people I'm close to	1	2	3	4
7. Because smoking marijuana does not fit in with my self-image	1	2	3	4
8. Because smoking marijuana is becoming less socially acceptable	1	2	3	4
9. Because someone has told me to quit or else	1	2	3	4
10. Because I will recieve a special gift if I quit	1	2	3	4
11. Because of potential health problems	1	2	3	4
12. Because people I am close with will be upset if I don't quit	1	2	3	4
13. So that I can get more things done	1	2	3	4
14. Because I have noticed that smoking marijuana is hurting my health	1	2	3	4

I want to quit Marajuana at this time:

Not at all

Very Much

	1	2	3	4
15. Because I want to save the money I spend on marijuana	1	2	3	4
16. To prove that I am not addicted to marijuana	1	2	3	4
17. Because there is a drug testing policy at work	1	2	3	4
18. Because I know others with the health problems caused by smoking marijuana	1	2	3	4
19. Because I am concerned that smoking marijuana will shorten my life	1	2	3	4
20. Because of legal problems related to marijuana	1	2	3	4
21. Because I don't want to be a bad example for children	1	2	3	4
22. Because I want to have more energy	1	2	3	4
23. So that my hair and clothes won't smell like marijuana	1	2	3	4
24. So that I won't burn holes in clothes or furniture	1	2	3	4
25. Because my memory will improve	1	2	3	4
26. So that I will be able to think more clearly	1	2	3	4

Use the spaces below to list your three most important reasons for wanting to stop smoking marijuana. If any of the statements above are among your most important reasons, list them in the spaces below. Otherwise, write your own reasons.

**My three most important reasons, in order of importance, for wanting to quit smoking marijuana are:**

1.

2.

3.

### **Reasons for Quitting Questionnaire Scoring Instructions**

For a total Reasons for Quitting (RFQ) Score, add the number of items reported as a reason to quit smoking marijuana. Count only those responses coded as 2, 3, or 4 (moderately, quite a bit, or very much). Include any open-ended items in the list of 3 above that are not on the list of 26 in the table.

RFQ Score:

If you have not yet quit smoking marijuana, circle the number that indicates how ready you are RIGHT NOW to stop smoking marijuana.

0% ----- 20% ----- 40% ----- 60% ----- 80% ----- 100%  
*Not ready to Quit* *Ready to Quit*

If you have stopped smoking marijuana already, circle the number that indicates how ready you are RIGHT NOW to remain abstinent.

0% ----- 20% ----- 40% ----- 60% ----- 80% ----- 100%  
*Not ready remain abstinent* *Ready to remain abstinent*