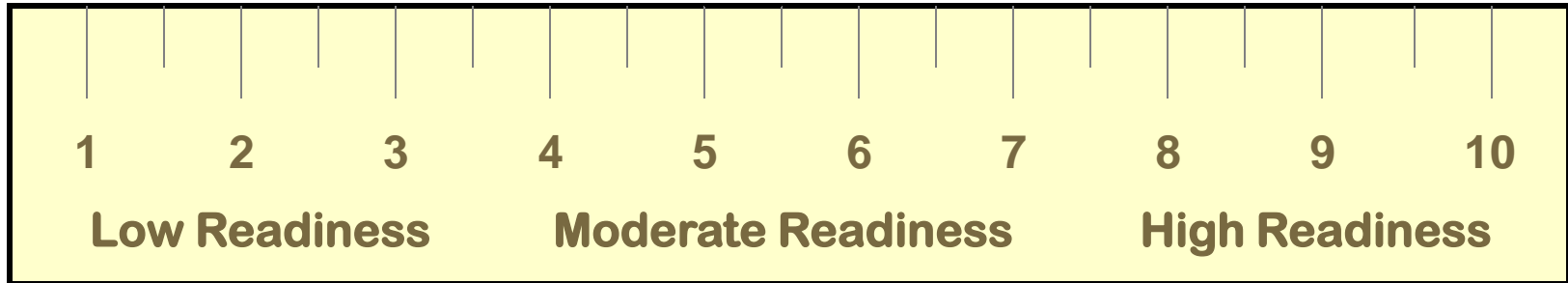


Readiness Ruler



Tobacco is not a problem for me.

I don't want to quit.

Trying to quit would be a waste of my time.

I know that quitting would be good for my health.

I am interested in advice about quitting.

I am ready to quit using tobacco.

I would like help to quit using tobacco.

