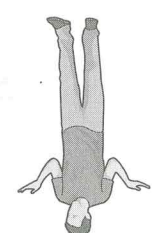
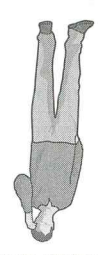


PRECONTEMPLATION



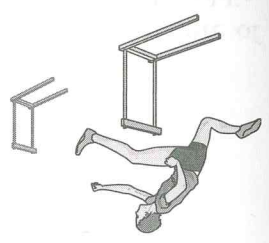
- Not thinking of quitting
- Feel that things are fine
- Do not see a problem

CONTEMPLATION



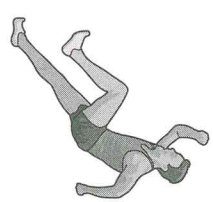
- Thinking of quitting
- Wondering how I affect others
- Maybe trying small changes

MAINTENANCE



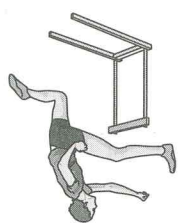
- No use in long time
- Accepting myself
- Helping others who are still using

PREPARATION



- Have a plan to quit
- May have "cut down"
- Can see benefits of quitting

ACTION



- Have quit using
- Am avoiding triggers
- Asking others for support

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M. VARGAS