Nicotine-Free Confidence Quiz

Put a number on your confidence

Crossing the river



Change is like crossing a river. There are many options for how. You are standing on the nicotine side wondering about life on the side free of nicotine.

It looks good, people tell you it's good, you want that for you and pēpi, but you have to cross the river to get there.

Maybe you're waiting for confidence, pausing in the middle, or are nearly there.

Choose your number

Different starting points — same destination — nicotine-free. So, what is **your** starting point? The quiz below puts a number on your confidence. Choose your number for how confident you feel today.

How confident are you that you can be nicotine-free in a week's time?

low 1 2 3 4 5 6 7 8 9 high

How to use it

Your confidence number tells you how you feel today. It will change so check it again from time to time as you learn and try new things. Match your confidence number to a suitable next step. Here is a guide for how.

Confidence	What it means	Your next step could be
High (7–9)	You're nearly there	Choose a day in the next few days to go completely nicotine-free
Medium (4–6)	You're on your way	Choose a day quite soon to have a practice nicotine free day and see what you learn from it
Low (1–3)	You're feeling unsure	Choose a time, place or activity to make a new habit — without smokes or vapes e.g. out walking

For more options for next steps, follow the link to 'You and me' Guide H5: Practicing first'

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