

Ladder A

LIFE

Bad

- ★ Smoking on a night out
- ★ Stress
- ★ 2x Kids under 3
- ★ Ex mother-in-law
Smokes round my kids
- ★ Boredom

Good

- ★ Smoke free home/Car
- ★ helps destress
- ★ trips out with Kids
tend to make me smoke less

RUNGS

Smoking

- ★ Nicotine replacement therapy
- ★ Cash
- ★ Holiday
- ★ Vouchers e.g Local Shop
- ★ Lunch for two
- ★ Healthy food
- ★ Beauty treatment
- ★ Nappies
- ★ Exercise programme
- ★ photo shoot
- ★ Vouchers e.g Asda
- ★ Vouchers e.g High Street
- ★ Day out
- ★ Baby photo
- ★ Always seeing the same Person

