

Break Your Smoking Addiction

Stages to Success



The Choice Is Yours

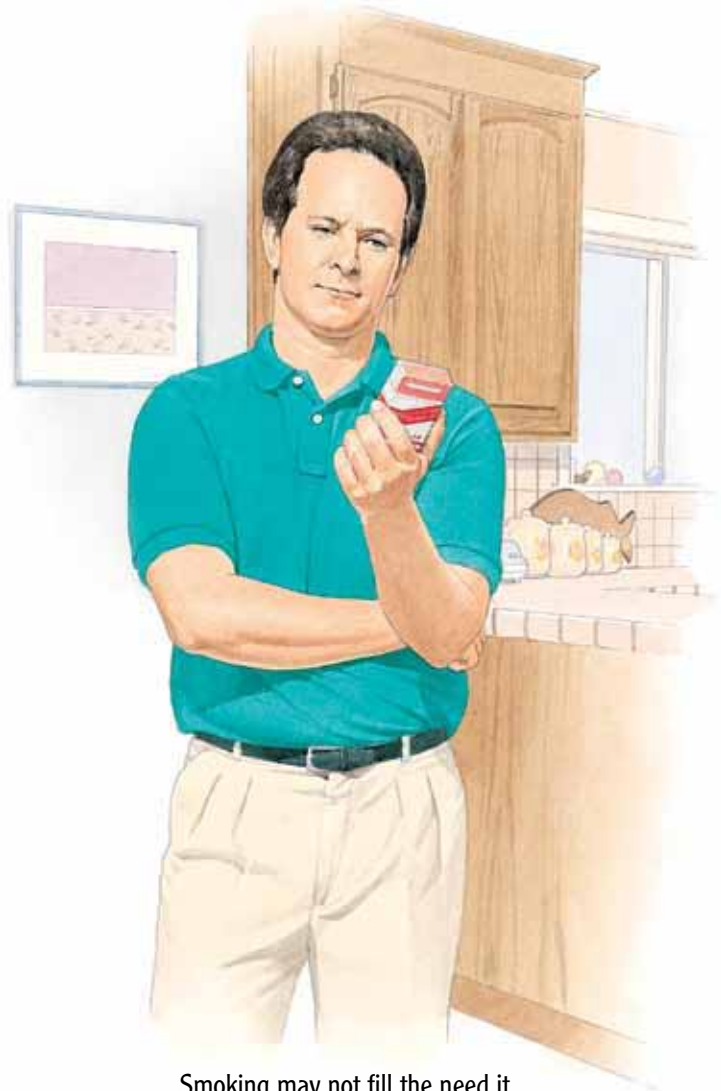
You've heard all the reasons why you should stop smoking. Whether it's cigarettes, pipes, or cigars, smoking increases your chances of having major health problems. Knowing this, you may have thought about quitting. But you may need a little help. Use the exercises in this booklet to make a plan for becoming smoke-free.

Thinking About Quitting?

Your doctor may have told you that you need to give up tobacco. But only you can decide if and when you're ready to quit. Quitting is hard to do. Maybe you are ready to quit. Maybe you aren't yet. But even if you aren't, your feelings may change. Remember: Giving up tobacco can be hard, but the benefits will be worth it.

Make a Plan

If you decide you do want to quit, come up with a plan that's right for you. This booklet can give you ideas on what to do. These include medications and other resources to help you quit. If you aren't ready to quit yet, this booklet will help you see why you smoke and how to quit when you are ready.



Smoking may not fill the need it used to. Maybe now you smoke just because you're addicted.

How Do You Feel About Smoking?

Read the five stages below. Each one shows a different feeling about smoking. Circle the stage that is closest to how you feel. Depending on which stage you're at, some parts of this booklet may be more useful than others. When it comes to quitting smoking, the good news is that just moving from one stage to the next is a big step toward success.



I Don't Want to Quit

I like smoking. Why should I quit? I'm tired of everyone's nagging. I'm not ready to talk about quitting.



I'm Thinking About Quitting

At times I'm sure I want to stop smoking. But I've tried to quit before and it's hard to give up. Right now, I'm still thinking about it.



I've Decided to Quit

The health benefits of quitting outweigh the reasons why I smoke. I've made up my mind. It's time for me to make a change.



I'm Ready to Quit Now

I'm taking action. I've picked a quit date and am ready to get medications to help me quit.



I'm Working to Stay Smoke-Free

I don't smoke anymore, but I miss it sometimes. I need to find other things to do when I feel the urge to smoke.

Learning Your Reasons

You're likely to have a few reasons why you smoke. Smoking may help you deal with stress. You may like to touch and handle cigarettes. Now think about your life. What matters most to you? People who quit smoking tend to look better, have less illness, and live longer.

List Your Reasons for Smoking

Think about your reasons for smoking. List them below.



Smoking cigarettes picks me up and gets me through the day.

- *Example: Smoking keeps my hands busy when I'm anxious.*
- _____
- _____
- _____
- _____
- _____
- _____
- _____

List Your Reasons for Quitting

Think about reasons why you would quit smoking. List them below.



I have more control over my life now that I've given up smoking.

- *Example: I want to be able to taste good food again.*
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Keeping a Smoking Diary

Smoking may be something you do without thinking. For a few days, write down each time you smoke. Photocopy the diary below or keep a notebook to record what you are doing when you light up. Recognizing your patterns is the first step toward changing them.

What to Record

Where are you and what are you doing?
Who are you with? Rank, from 1 to 3, how much you want to smoke that cigarette.

1. I could **do without** this cigarette.
2. I **would like** a cigarette.
3. I **need to have** a cigarette now!

1, 2, 3

Date and Time

Place and Activity

Rating

Example: Mon 9/1, 7 am

Kitchen table, with first cup of coffee

2

Example: Mon 9/1, 11 am

Living room, talking on the phone to Jane

1

Example: Mon 9/1, 6 pm

Dented back bumper in parking garage

3!!



I can give up some #1 cigarettes. I smoke them out of habit, not need.

What Triggers You to Smoke?

Look at your smoking diary on page 5 again. For each entry, try to figure out what triggered your urge to smoke. You can plan ways to avoid your smoking triggers once you know what they are.



I smoke when I'm stressed.

List Your Triggers

A smoking trigger may be related to a feeling or a person. It may be a place, such as the kitchen or car. It may be a time of day, or after a meal. Look for patterns or trends in what triggers you to smoke. List your triggers below.

- Example: Being around smokers
 - _____
 - _____
 - _____
 - _____
- _____
 - _____
 - _____
 - _____



What Can You Do Instead?

Now that you know what your triggers are, try to think of other things to do besides smoking. That way you'll be prepared for when you feel the urge to smoke. Give yourself a lot of choices because the same thing won't work every time.



When traffic is bad, I turn up the music.

Try Other Options

Find other things to do instead of smoking. When you feel the urge to smoke, try chewing gum or eating a carrot stick. Listen to music. Read a book. Exercise. Count to five slowly. The urge for a cigarette will pass. List some of your own options below.

- Example: Keep hands busy around smokers
- _____
- _____
- _____
- _____



Line Up Help

To stop smoking, you'll need a plan and some help. Pick a quit date within the next 2 to 4 weeks. Between now and then, discuss your decision to quit with people you know will support you. And be sure to talk with your doctor about medications to help you quit. Experience shows that people with good social support who use medications to help them are more likely to stay quit.



Classes and Counselors

Quit-smoking classes coach people like you through the process. Get to know others in a class, and support each other beyond the class. Telephone counseling also helps keep you on track. Ask your healthcare provider, local hospital, or public health department to put you in touch with a class and a phone counselor.

Family and Friends

Tell family and friends about your quit date. Ask them to support your change, and tell them how they can help. Maybe you want daily support, or you might just want someone to call if you feel the urge to smoke. If they smoke, arrange to see them in smoke-free places. Don't allow smoking in your home or your car after your quit date.



Now is the time for me to give up smoking. I'm going to find a class and a telephone counselor.

Smoking Cessation Medications

Many products are available to help you quit smoking. They all lessen withdrawal symptoms. Most contain nicotine, the addictive substance found in cigarettes, cigars, and chewing tobacco. Over time, these products lower the level of nicotine you get. Before using a smoking cessation medication, talk with your doctor or pharmacist. This is especially important if you have heart disease or if you are pregnant.

Over-the-Counter Products

Ask your pharmacist about these products. Each gives you declining dosages of nicotine over a period of 2 or 3 months.

- **Nicotine patch** delivers nicotine through your skin at a constant rate. Ask your healthcare provider about combining a patch with nicotine gum.
- **Nicotine gum** and **nicotine lozenges** give you nicotine through the mouth as you need it.

Playing it Safe

If you use nicotine products, follow label directions carefully. Make sure they don't conflict with other medications you take. *Do not smoke while you use nicotine products.* Doing so can be very harmful to your health. And don't replace cigarettes with smokeless (chewing) tobacco. It is just as harmful as regular tobacco.



I'm going to talk to my doctor about trying a nicotine patch. I have signed up for a stop-smoking class.

Prescription Products

Ask your doctor about getting a prescription for these products. You may use them for 2 to 6 months.

- **Nicotine nasal spray** gives you nicotine through the nose. The effect starts quickly.
- An **inhaler** is like a plastic cigarette. You inhale nicotine through it. So it is the closest imitation of smoking.
- **Bupropion SR** does not contain nicotine. It is a medication that reduces withdrawal symptoms and the urge to smoke. Start it 2 weeks before your quit date.
- **Varenicline** is a medication that blocks withdrawal symptoms and urges. It does not contain nicotine.



Making the Break

Take your quit date seriously. Prepare for it. On that day, take all the steps you planned. Make the day a special occasion. Then reward yourself often for sticking to your plan.

Set a Quit Date

Think carefully about the date you pick to quit smoking. If you're serious about quitting, choose a date within the next 2 weeks. Or you might pick a special day, such as your birthday. After choosing a day, mark it in bright, bold letters on a calendar you use often. Tell your friends and family about your quit date. Ask for their support. Let them know how they can help.



Mark your quit date on a calendar.

Make a Contract

A quit-smoking contract gives you a goal. Write out the contract and sign it. Use the contract on the back cover of this booklet, or make your own. Have it witnessed, if you like. Then keep the contract where you'll see it often, or carry it with you. Read the contract when you're tempted to smoke.



Have a friend or family member be a witness when you sign your quit contract.



I've told my friends and family how they can help me quit.



I've thrown away all my cigarettes. I don't want them anywhere near me.

Take Action

On the day you quit, reread your quit contract. Think about the benefits you gain by quitting (such as better health and an improved sense of taste).

- Remove cigarettes from your home, car, or any other place where you stash them.
- Throw away all smoking materials, including matches, lighters, and ashtrays.
- Review your list of triggers and your plan for coping with them.
- Stay away from people or settings you link with smoking.
- Make a survival kit. Your kit might include gum, mints, carrot sticks, and things to keep your hands busy. You can also include pictures of your family and friends.



Get rid of your smoking materials. Throw away all hidden stashes.

Stay Positive, Stay On Track

If you haven't had a smoke in 48 hours, congratulations! You're close to being smoke-free. Keep track of how much better you feel each day. Even if you are still tapering off, celebrate your progress. Get your nails done. Go to a ball game. Treat yourself to a massage. You deserve it! You are on your way to a healthier life.



Celebrate being smoke-free. Pamper yourself.

Beating Withdrawal

Breaking an addiction is hard. Your body will respond by going into withdrawal. Symptoms may include feeling cranky, restless, depressed, or low on energy. Don't let this stop you. Stick with your plan. The physical addiction will pass in 1 to 3 weeks. For now, ease the withdrawal process with smoking cessation medications. Here are other ways to beat withdrawal.

Dealing with Irritability

At first, you may feel irritable. Try taking a warm bath or shower. Listen to music. Go for a walk or a bike ride. Hit a punching bag if it helps.

Managing Stress

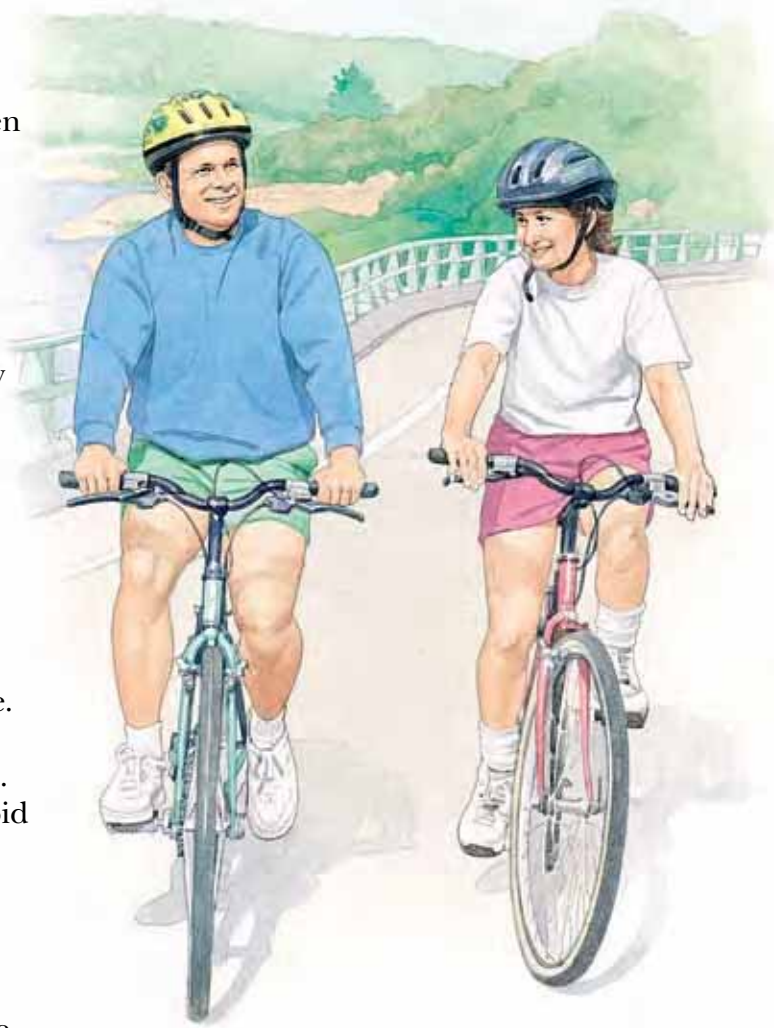
After you quit, you may feel jittery and stressed out. Call friends for support. Try meditation or yoga. You may also want to attend a stop-smoking support group meeting.

Handling Hunger

You may notice an increased appetite. Drink low-calorie liquids. Snack on fresh fruits and vegetables. Get active. Frequent exercise can help you avoid eating out of habit or boredom.

Solving Sleep Problems

You may feel tired but have trouble falling asleep. Try to relax before bed. Do a few stretching exercises. Read for a while. Also, avoid caffeine the few hours before bedtime.



Getting exercise is a good way to beat withdrawal. Take a bike ride or go for a hike.

Use the Four D's

Withdrawal symptoms and smoking urges are strongest the first few days. The cigarettes you rated as #3 in your diary on page 5 will be the hardest to give up. Use the Four D's below to help you cope when you crave a smoke.



When I feel the urge to smoke, I practice deep breathing.

Deep-Breathe

Inhale through your nose. Count to 5. Slowly exhale through your mouth.

Drink Water

Try to drink eight or more 8-ounce glasses of water a day.

Do Something

Keep your hands busy. Wash your car. Draw. Do a puzzle. Build a birdhouse.

Delay

Avoid a slip. The urge to smoke lasts only 3 to 5 minutes. Don't give in.



Get Fit, Not Fat

You may be worried that you'll gain weight once you quit smoking. Many people who quit smoking do gain a few pounds. But smoking even a few cigarettes a day is worse for your health than gaining a few pounds. Smoking cessation medications can delay gaining weight. To limit weight gain, watch what you eat. Cut back on fat in your diet. Snack on low-calorie foods. Get some exercise. But remember: Your main goal is to remain a nonsmoker.



Limit any weight gain by eating less fat and sugar. Fill up with an extra helping of salad instead.

Planning to Stay Quit

At first, not smoking will be new and exciting. People will congratulate you. Enjoy it. You have the right to be proud. But what about later? How do you stay quit when life goes back to a more normal routine? Plan ahead to resist temptation.

Prepare to Be Tempted

You will be tempted to smoke again. You may start daydreaming about smoking or put yourself in high-risk smoking situations. If you think you might smoke again, ask yourself why. What are the times and the reasons you feel this way? To prepare yourself for these situations, plan ahead. Pack a survival kit to take with you wherever you go.

HALT Your Desire

Remember HALT. Keep yourself from feeling too **H**ungry, **A**ngry, **L**onely, or **T**ired. Deal with your real needs. Eat, talk, or sleep. If you feel blue or depressed, do something to reward yourself for having quit.

Don't Flirt with Temptation

Alcohol and other smokers are strong temptations to light up again. So stay away from alcohol. Don't think that "just one smoke" won't hurt. It will. See your smoker friends only in no-smoking places.



Don't be afraid to say no to smoking. Stick to your plan so you won't be tempted around smokers.

If You Slip

You may slip and smoke again. If you do, it's not the end of your quit process. Don't let your success go up in smoke. Find out why you lit up. Then think of ways to prevent future slips.

Find Out Why

Why did you slip? If you're honest, a slip may tell you something. Do your best to answer these questions:

- Did you learn anything new about why you smoke?
- What did you learn about being tempted?
- Have you found a new trigger?
- What can you do to avoid slips in the future?
- Are you going to let this slip slow you down?

Don't Give Up

Keep telling yourself you're no longer a smoker. Don't lose hope. Most people have tried to quit several times before being successful. Try to stay focused on your plan to be smoke-free. Keep in mind all the benefits of staying quit. Millions of people have given up smoking. You can, too.

Where Are You Now?

How do you feel about smoking now that you have finished reading this booklet? See which stage below fits how you feel now:



Have your feelings about not quitting changed?

I don't want to quit yet, but I'll read this guide again in a month and see how I feel then.



Are you unsure about whether or not to quit?

I'm still thinking about quitting. I'm going to talk about it with my doctor.



Are you ready to quit?

I'm ready to quit. Now I just need to come up with a plan.



Have you decided how you will stop smoking?

I'm going to quit. I'll fill out the quit contract on the back of this booklet.



Have you already stopped smoking?

I've stopped smoking. I'm following my plan. I feel great!

MY QUIT CONTRACT

Fill out this contract. Then make a copy and carry it with you. Keep it in your wallet, or put it where you'll be sure to see it. Use your contract to remind yourself that you're quitting for good.

I, _____,

promise to stop smoking

on this date _____

at this time _____

I'm quitting because _____

I'm going to

- Learn new ways of dealing with stress and boredom.
- Have telephone counseling.
- Use smoking cessation medications.
- Use this other method, too: _____

I'm getting support from _____

I'm going to reward myself for quitting smoking by _____

Signed _____

Date _____

Witnessed by _____

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