

# Quitting Smoking

## *a Self-paced Guide*

Quitting smoking is a challenge. It takes a lot of energy to quit. Quit when you feel ready. It should be a time when you do not have more demands on you than is normal. If you are ready and want to try to quit on your own, this Guide will help you. By recording the situations or “triggers” which make you light up and by planning other activities, you will be better prepared to deal with cravings. Choose three weeks that you are able to dedicate to quitting smoking. Several weeks before quitting, start an exercise program\*. It will boost your confidence and give you an alternate activity. **Complete Your Schedule for Quitting Smoking.**

### **Week 1 - Get prepared to quit. Starting Date:** \_\_\_\_\_

Write down your reasons for quitting \_\_\_\_\_  
 Set a quit date for when you will stop smoking. **Write down your Quit Date:** \_\_\_\_\_

### **Week 2 - Start keeping a smoking record to find out what makes you smoke.**

List what’s triggering you to light up.

_____	_____
_____	_____
_____	_____

List ways you can avoid triggers or do something else (e.g. relax and take 3 deep breaths, sip water or juice, take a walk, talk to someone, munch on a carrot or celery stick, repeat to yourself your reasons for not smoking, count to 10, do your exercise routine).

_____	_____
_____	_____
_____	_____

Write down the names of those family members and friends who you would like to have help you break the habit and how each can help (e.g. pep talks, support, involvement in an activity). Tell them that they are not to nag or tease you.

_____	_____
_____	_____

Plan rewards for when you are able to break a trigger. Rewards should be easy to obtain (e.g. buy something for yourself, go to a movie, pat yourself on the back). Record when you broke a trigger and how you rewarded yourself. (You may continue your entries on the back of this paper.)

Date	Instead of smoking, I...	I rewarded myself by...
_____	_____	_____
_____	_____	_____
_____	_____	_____

### **Week 3 - Becoming and staying a non-smoker. Starting Date:** \_\_\_\_\_

Prepare for your first day of not smoking. Anticipate triggers and have backup ideas to fight trigger situations. Keep in mind that the first 3 days are often the hardest because this is when the nicotine is leaving the body. **Rewrite your Quit Date:** \_\_\_\_\_

**If you start smoking again** plan another time when you will try to quit -- perhaps a month or two from now -- but don’t wait too long. You have learned a lot and were successful at breaking some triggers. Most smokers who have succeeded at quitting tried many times. *To succeed at quitting smoking, don’t quit trying.* Thirty million Americans kept trying and quit. You can too!

\* Always check with your healthcare professional before starting any new exercise program. Your local hospital may be a good resource for a Stop Smoking program. Social support can make all the difference in your success. Consult with your local Wellness Center to incorporate holistic measures to get past the anxiety. Ask your practitioner about prescription medicines that can help lift mood and fight the cravings (e.g. Shantix®, Zyban®, Wellbutrin®).

