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WALLA WALLA, WA

GUIDEBOOK FOR THE
VETERANS' TOBACCO CESSATION SUPPORT PROGRAM

1) Each new member of the program receives a copy of this guidebook
2) Weekly meetings provide support for tobacco cessation as needed

This program is intended individuals who smoke as well as users of snuff and all other tobacco products. The terms *smoking* and *tobacco use* are used interchangeably. Whatever the tobacco product(s) you use, we want to support your goal of quitting. Approximately 440,000 Americans die annually as a result of illnesses related to tobacco use. You have a chance to avoid becoming part of these statistics. **You can do this. If you are ready, the time is now.**

Much of this guidebook was inspired by
American Lung Association's Online program (with permission):
http://www.ffsonline.org/

Additional references are noted herein

Program Goals:

1) Help veterans and their families improve health
2) Help veterans stop using tobacco
3) Provide support for veterans as they become tobacco free
4) Provide support for related problems such as weight gain, mood swings, and stress

Jameson C. Lontz, Ph.D., 2010

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1) Getting Started

Congratulations! You are about to do one of the best possible things for yourself and the people around you: Quit using tobacco.

This module is about reasons people decide to quit using tobacco.

This module is for everyone, even if you are not yet ready to quit.

You need two things before you quit:

1) Make up your mind that you really want to quit.
2) Find the best way to quit—a way that fits with your needs, lifestyle, and tobacco use pattern.

If you tried to quit before and went back to using, do not give up. Most people try a few times before they quit for good. This program will help you get ready to quit. The rest of this module covers some reasons why quitting is one of the best things you can do. This module also examines your reasons for quitting. You are now on your way to a tobacco-free you and a tobacco-free life.
It will be a better life for you and the people close to you.

Quitting is good for you

Soon after you quit:

You will have more energy and less stress.
Your eyes and throat will be less irritated.
Your smoker's cough will go away.
Your senses of taste and smell will improve.
You will start to feel better very soon.

And over time:

You will have fewer colds and other respiratory infections.
Your body will repair some of the damage from smoking or other tobacco use.
You will reduce your risk of cancer, heart disease, COPD (Chronic Obstructive Pulmonary Disease), and high blood pressure.

Quitting is Good for Everyone Around You!

Studies show that cigarette smoke is harmful to everyone who inhales it—not just to the smoker. Whether you are young or old, healthy or sick, all forms of tobacco are harmful, and **secondhand smoke is dangerous.** Breathing secondhand smoke can make you sick. Some of the diseases secondhand smoke causes can kill you. **Smoking by pregnant women increases the risk of low birth weight and other birth complications, miscarriage, and death for newborn babies.**

Children with Parents Who Smoke:

Get more chest colds, ear infections, bronchitis, and pneumonia.
Are more likely to be hospitalized during the first two years of life.
May be smaller, and their lung development may be slower.
Are more likely to smoke when they grow up.

Quitting can reduce all of these risks for you and your family.

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Some Words about Smokeless Tobacco (e.g., snuff or "chew")

- **Nicotine in smokeless tobacco is 3-4 times more than a cigarette**
- **Nicotine from smokeless tobacco is absorbed slower and stays in your blood longer**
- **Can cause gum disease**
- **Increases risk for cancers of the tongue, cheek, gums, and the floor and roof of your mouth**
- **Stopping the use of smokeless tobacco will improve your health right away**
    - **Your chances of developing cancer decrease**
    - **Blood pressure, heart rate, and breathing start returning to normal soon after stopping**

Source:
http://www.prevention.va.gov/MPT/2009/SmokelessTobaccoisNotasafesubstitute_Nov2009_final.pdf

Now, more Americans have quit than continue to use tobacco

(NDS Handbook)

To stop using tobacco, you will need:

- Desire **to stop**
- Willingness **to make changes**
- Commitment **to maintain your goal**

Like riding a bicycle, where it may take several tries, you may slip and fall, and you may even need *training wheels* such as medicine, you can find a way to quit that **works for you**

(NDS Handbook)

Why Smokers Want to Quit

Here are some of the reasons smokers and other tobacco users have said they wanted to quit:

"I want to take more control of my life."
"My son got married and had a child, and I didn't want my grandson to see this. I'm very proud of myself. I know my grandkids probably won't smoke because now no one in the family does."
"I cough up mucus a lot. My doctor said that was a sign my lungs were hurting. I want to get rid of the cough and feel better."

Your Reasons for Quitting

Sure, you know you want to quit. But it is good to think about your reasons for quitting. Then, if things get tough later, you will remember why you are quitting and you will be able to fight the smoking urge.

Reasons others have given to QUIT

Cigarettes cause cancer: lungs, bladder, stomach, colon, liver, etc.

Cigarettes cause heart disease

Cigarettes interfere with life

Cigarettes cause people to be on oxygen

Cigarettes cause lung disease like emphysema and COPD

Cigarettes stink up the house and car

Cigarettes cost too much

Cigarettes cause dental problems

Cigarettes DO NOT make people happy

If you stay free from smoking your breathing may improve

If you stay free from smoking you might be able to go hiking again

If you stay free from smoking you'll be with (insert name of loved one) longer

If you stay free from smoking you might get to see your grandchildren

If you stay free from smoking you will be able to live in your house longer

If you stay free from smoking you may be able to stay away from doctors

If you stay free from smoking your teeth might improve

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Here are some more common reasons people decide to quit:

For my health—to lower my chances of lung cancer,
heart disease, COPD, and other serious illnesses.
So my family will be healthier.
To be in control of my life.
So I won't smell of cigarettes and my teeth won't be yellow.
To set a good example for my family.
Out of respect for my body.
So I'll feel better. I won't cough so much and I'll have more energy.
To save money.

Please take a moment to list additional reasons you wish to quit. If you are not yet ready to take on the challenge of quitting, please list some of the benefits of quitting that will apply to you once you have decided to quit

_____
_____
_____
_____

Here are some questions to consider before you begin the next steps of quitting

(Only answer those questions that currently apply to you)

What are the concerns you have about your tobacco use?_____
_____

If things were better for you, what would be different in your life?_____
_____

What would be the pros and cons of quitting?_____

If you continue to use tobacco in the same way, what do you think, or what have others told you they think, will happen?_____

What do you think, or what have others told you they think, will happen if you quit?____
_____
_____

When was the last time things were going really well for you; what was that time like?
_____
_____

What is your 5 year…10 year plan? How do you see your life unfolding in the next few years?_____
_____

Medical Complications of Tobacco Use

Have you ever had problems with any of the following?

_____heart trouble	_____sinuses	_____cancer
_____heart attack	_____bronchitis	_____hoarse voice
_____chest pain	_____asthma	_____vocal cord growths
_____heart beat	_____emphysema	_____peptic ulcers
_____stroke	_____COPD	_____acid reflux
_____blood clotting	_____pneumonia	_____eye trouble
_____impotence	_____colds	_____cataracts
_____poor circulation	_____cough	_____tooth loss
_____clogged arteries	_____can't exercise	_____gum disease
_____high blood pressure	_____short of breath	_____thin bones
_____by-pass surgery	_____runny nose	_____broken hip
_____stents	_____home oxygen	_____bad infection
_____cholesterol	_____ear infections	_____poor wound healing
_____hepatitis	_____amputation	_____sleep apnea

Using tobacco might cause these problems or make them worse.

Stopping tobacco is the single most important thing that you can do for your health! (NDS Handbook)

Department of Veterans Affairs Medical Center
Cincinnati – Fort Thomas Divisions

'WHY I USE TOBACCO" TEST

"Tobacco" means cigarettes, cigars, cigarillos, chew, dip, snuff, or pipe. Give yourself a score from 1 to 5 for each statement below:

1 = never 2 = seldom 3 = sometimes 4 = often 5 = always

Score		Statements
_____	**A.**	**I use tobacco to keep from slowing down.**
_____	**B.**	**Handling tobacco is part of the enjoyment of using it.**
_____	**C.**	**Using tobacco is pleasant and relaxing.**
_____	**D.**	**I use tobacco when I'm upset about something.**
_____	**E.**	**When I run out of tobacco, I find it almost unbearable.**
_____	**F.**	**I use tobacco automatically without even being aware of it.**
_____	**G.**	**I use tobacco to perk myself up.**
_____	**H.**	**Part of the joy of tobacco comes from the steps I take to use it.**
_____	**I.**	**I find tobacco pleasurable.**
_____	**J.**	**When I feel uncomfortable about something, I use tobacco.**
_____	**K.**	**I am very much aware of the fact when I am not using tobacco.**
_____	**L.**	**I start to use tobacco without realizing I am already using it.**
_____	**M.**	**I use tobacco to give myself a "lift."**
_____	**N.**	**Part of the joy is watching my smoke or looking at my spit can.**
_____	**O.**	**I want tobacco most when I am comfortable and relaxed.**
_____	**P.**	**When I feel sad or want to take my mind off worries, I use tobacco.**
_____	**Q.**	**I get a real craving for tobacco when I haven't used any for a while.**
_____	**R.**	**I've found myself using tobacco and I didn't even remember doing it.**

Enter your score for each statement above in the spaces below**.**

											Total	REASON TO USE TOBACCO
A		+	G		+	M		=				Stimulation *HIGHEST= 15* *LOWEST= 3*
B		+	H		+	N		=				Handling
C		+	I		+	O		=				Pleasure
D		+	J		+	P		=				Relaxation/Stress
E		+	K		+	Q		=				Need for Nicotine
F		+	L		+	R		=				Habit

Adapted from National Cancer Institute, "Why I Smoke."

Jameson C. Lontz, Ph.D., 2010

Identify Your Triggers

Much of your tobacco use is a habit…something you do over and over until you no longer think about doing it. You may find yourself using tobacco because you "always do" when you do certain things. To stop using tobacco, you must identify your triggers and find new ways of coping with them. Check the triggers below if they apply to you. Add others of your own to the list.

_____ Waking up
_____ Drinking coffee
_____ Driving
_____ Talking on the phone
_____ Watching TV
_____ Work breaks
_____ After a meal
_____ After sex
_____ During a crisis
_____ Feeling upset
_____ Pain
_____ Drinking alcohol
_____ Waiting for the bus
_____ Before bed
_____Arguments
_____ Social events

Others: _____
_____

The more you want to quit, the easier it will be to quit.

If you really want to quit, it is time for the next module

2) Overcoming Roadblocks

This module suggests ideas for getting around roadblocks to quitting.
This module is for people who want to quit smoking but need to clear away problems before they start.
You can also contact the American Lung Association by calling
1-800-LUNG-USA for extra advice.

Your Roadblocks to Quitting
Do not blame yourself because you have not already quit. Many smokers and other tobacco users have not quit because there is something holding them back.

Here are some roadblocks others have mentioned, followed by ideas for overcoming those roadblocks:

I've already cut down—I don't need to quit
Good. You have gotten started! Now, finish the job by quitting. Smoking in any amount hurts your health.

There's too much going on in my life.
Let's face it. We all have busy lives. There is no perfect time to quit. But the best time to quit is NOW! Throughout the program you will get ideas about how to deal with tension, fatigue, irritability, and other feelings.

My friends will make it hard for me to quit.
Many people tend to smoke more around their friends, and it can be harder to stop if your friends smoke. You can learn how to get people to support you and how to say no if someone offers you a cigarette.

My spouse smokes. It would be too hard to quit with her/him smoking around me.
Tell your spouse that quitting now is very important to you. Ask your partner not to smoke around you and not to offer you cigarettes.

I wouldn't know what to do without a cigarette.
If you are one of those people who likes the feel of a cigarette and would be lost without one, you will find some tips in module 3 of this guidebook.

I'll gain too much weight.
Many people do gain weight when they quit, but the average gain is only about five to seven pounds. A little extra weight is much better for you than smoking. And, you can lose that weight over time. If you exercise (even a little) and prepare yourself with healthy snacks, you will not gain much. In fact, you may not gain any weight at all.

I've tried before—I just can't quit.
Of course you can! Every smoker can quit. Did you know there are now more ex-smokers than current smokers in the United States? Think of your previous tries as "practice quits." Making the decision to quit and creating a plan will make it easier for you to stop. Millions of people have quit, and you can too!

I'll get too tense.
Some people say smoking calms them. In fact, smoking is really a stimulant. There are many better ways to calm down. One of the best ways is with the relaxation exercises you will learn later in this module.

Please list some additional roadblocks that you can anticipate before we begin:

1. _____
2. _____
3. _____
4. _____
5. _____

Now that you have thought about your roadblocks, you are ready to start getting rid of them. You can do it!
In this module, you will learn ways of dealing with many roadblocks.

Three-Link Chain of Addiction

Most smokers and other tobacco users know they are addicted, but they may not realize there are several aspects to their addiction. We call this the Three-Link Chain of Addiction. You will have a better chance of quitting and staying quit if you address all three parts of the chain:

1) Physical

Smokers and other tobacco users become physically hooked on the nicotine in cigarettes. Nicotine is an extremely addictive chemical that actually produces changes in a smoker's brain. As a result, having a cigarette decreases a smoker's anxiety level (for the moment) and can help improve their mood. However, continued nicotine use actually **increases anxiety in the long run.** Nicotine also stimulates the brain to release chemicals that make smokers feel more awake and alert (another aspect of the addiction process).

2) Mental

Do you tend to have a cigarette at the same time every day? It could be during the drive to work, while talking on the phone, or after finishing a meal. Smoking becomes such an automatic behavior that you might light up without even thinking about it. Smokers may also link emotions such as pleasure or relief with having a cigarette.

3) Social

Smoking plays a huge role in our society. Teenagers often begin smoking to fit in with a group. Asking "Got a light?" is a common way to break the ice when you meet someone new. You might even have a group of friends you met during smoking breaks at work.

Physical Exercise

"Walking quickly for 20 minutes made me feel stronger. I went a little farther or a little faster every day. And I started parking in the far section of the lot at work. Doing this and walking three or four times a week, I even lost a little weight."

Exercise helps many people quit. It can help you relax, and it can help you control your weight. Exercise can be as simple as choosing the stairs instead of the elevator, or getting off the bus a stop or two early.

If you want to do a little more, but you are not used to exercise, try walking. Thirty minutes at a steady pace most days of the week is good for your body. You could also try jogging, biking, dancing, swimming, yoga, gardening, or whatever you enjoy.

In general, light- and moderate-intensity exercise is safe for most people. Check with your physician to be sure exercise is safe for you.

Relaxation Exercise

This simple exercise can help when you feel tense. If you try it, you will find you can relax without smoking. It will also help when you are bored.

Think about something that makes you feel good.
Relax your shoulders. Close your mouth. Inhale slowly and as deeply as you can.
Keep your shoulders relaxed.
Hold your breath while you count to four.
Exhale slowly, letting out all of the air from your lungs.
Slowly repeat these steps five times.

Do this exercise at least once a day from now on. Do it more often once you stop smoking. You can also contact your local American Lung Association (800-LUNG-USA) to order a CD of relaxation exercises.

"At first, I thought the relaxation exercise was silly. And it felt strange. But after a while it was natural. It works! Do it when you feel an urge to smoke.
It will make you feel better!"

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More Ways to Keep Trim

Many people gain some weight after quitting. However, there is no rule that says you will gain weight. Everyone is different. And remember, a few extra pounds is not nearly as bad for you as smoking.
To avoid gaining weight, exercise! Exercise helps you burn calories faster.

Here are some other ways to help limit snacking:

Drink a large glass of a low-calorie beverage. **Water has zero calories!!**
This will help reduce feelings of hunger.

Keep your hands busy by sewing, working on a puzzle, writing a letter, washing your hair, or any other activity.

Learn to live with a little hunger. The urge to snack may disappear in a short time.

Eat slowly. Do not eat on the run or in front of the TV—these may lead to overeating.

Make a list of five things you will do before eating anything, e.g., wash your face, weigh yourself, stand up and stretch for two minutes, trim your nails, phone a friend….

Stock up on smart snacks like those listed below.
It is much healthier to reach for an apple than for a cigarette.

For something sweet, try:
Pears
Cantaloupe
Berries
Peaches
Plums
For a crunchy treat, try:
Apples
Fresh vegetables
Graham or wheat crackers
For a chewy nibble, try:
½ bagel or a slice of raisin bread
Plain raisins
Cereal, like shredded or puffed wheat, without milk
And do not forget:
Sugarless gum and candy
Diet soda (if you must drink soda)
Fruit juice (without added sugar)
Seltzer water

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Are You Addicted to Nicotine?

This section helps you find out whether you might be addicted to the nicotine in cigarettes, and if you are, what you can do about it.

Most smokers do have a problem with the nicotine in cigarettes. This is the "physical" part of the Three-Link Chain of Addiction. Their bodies crave it, and they will smoke until their bodies have gotten the desired supply.

To tell whether you may be addicted to nicotine, ask yourself these five questions:

1. Do you smoke your first cigarette (or use other nicotine) within 30 minutes of waking up in the morning?
2. Do you smoke 20 cigarettes (one pack) or more each day?
   a. Smokeless tobacco has 3-4 times more nicotine than a cigarette (Source: http://www.prevention.va.gov/MPT/2009/SmokelessTobaccoisNotasafesubstitute_Nov2009_final.pdf)
3. At times when you cannot smoke or do not have any cigarettes, do you feel a craving for one?
4. Is it tough to keep from smoking for more than a few hours?
5. When you are sick enough to stay in bed, do you still smoke?

If you answered "yes" to two or more questions, you may be addicted to the nicotine in cigarettes.

The more "yes" answers you have, the more likely you will benefit from using nicotine replacement therapy (NRT) or other medications to help you quit smoking.

For smokers, here is another simple test of how dependent you are:

1. How soon after waking do you smoke your first cigarette?
   - ☐ Less than five minutes (3 points)
   - ☐ 5 to 30 minutes (2 points)
   - ☐ 31 to 60 minutes (1 point)
2. How many cigarettes do you smoke each day?
   - ☐ More than 30 cigarettes (3 points)
   - ☐ 21 to 30 cigarettes (2 points)
   - ☐ 11 to 20 cigarettes (1 point)

Add up your points from both questions 1 and 2 above___

Scoring: 5-6= heavy dependence; 3-4= moderate; 0-2= light

☐ Source: Brief Fagerstrom Test for Nicotine Dependence, found at (www.publichealth.va.gov/smoking/index.asp)

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Additional options if you think you are *addicted*

You have the option of signing up for the Premium version of the Freedom From Smoking© Online program. Premium access costs $15 for four months or $40 per year and includes message boards for participants, downloadable relaxation exercises, and other social networking capabilities. The cost of a year of Premium FFS Online membership is less than you would pay for a carton of cigarettes in most states. It will give you more in depth information on how to deal with your cravings and getting the support you need to quit smoking for good.

Consider using a quit-smoking medication to help you quit. Nicotine replacement products in the form of gum, skin patch, lozenge, nasal spray, or oral inhaler supply nicotine to the body. This helps to control your cravings and reduces your urge to smoke during the withdrawal period.

Talk to your family doctor about the right medication options for you.

Medications to Help You Quit

Quitting is a two-step process:

1) Overcoming the physical addiction to nicotine.

2) Beating the mental and social parts of your addiction.

Nicotine replacement products help take care of the nicotine addiction so you can work on breaking the habit. These products are safer than smoking because they do not contain the more dangerous toxins that are found in cigarettes and other forms of tobacco.

How these medications work

Nicotine replacement products and other medications help reduce your cravings for tobacco, and they help relieve the other symptoms (e.g., moodiness) you may experience when trying to quit.

Nicotine gum and patches provide a steady, low level of nicotine to the bloodstream.

Nicotine nasal spray and the oral inhaler provide a burst of nicotine in response to urges.

The nicotine lozenge relieves cravings by releasing nicotine as it dissolves in the mouth. These medications act on the brain chemistry to bring about some of the same effects that nicotine has when people smoke.

Additional medications can help with irritability and other mood changes that some people report during the early stages of quitting.

Who should use these medications?

Studies suggest that most people trying to quit smoking could benefit from using medications, except under special circumstances. People who smoke less than 10 cigarettes per day, adolescents under age 18, pregnant or breastfeeding women, and people with certain medical conditions should talk to their doctor before using these products. **Many people who use these products may double or possibly triple their chances of quitting successfully**. In fact, research has shown that using these products along with a comprehensive behavior change program substantially increases the chances of quitting over trying to quit cold turkey.

What medications are available?

Nicotine gum, patches, and the nicotine lozenge are sold over the counter. Additional medications to help you quit are available by prescription.

If You Have Questions about These Medications

For basic questions about using a quit-smoking medication, you can call the American Lung Association's Lung Helpline at **1-800-LUNG-USA**.
You can also ask your family doctor for advice.

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3) Getting Ready to Quit

This module helps you set a date to quit smoking and helps you prepare for this day.

Research shows that smokers who set a specific date to quit and spend a few days getting ready for this day have a much better chance of being successful.

Most *ex-smokers* can tell you the VERY DATE they quit!

This module is for smokers who are ready to overcome most of their barriers to quitting.

This Module is for smokers who want to quit within the next seven days.

Before you set a quit day, please take a moment to reflect on the reasons you listed for wanting to quit (from the first module)…

There may also be some reasons that you have enjoyed using tobacco. For example, some people say smoking relaxes them; or, that smoking helps meet new people. Of course, shortterm relaxation from a cigarette causes longterm anxiety; and, smoking to meet new people only allows you to meet new smokers…

You have probably already recognized that many, if not all, of the benefits of smoking actually have adverse consequences.

Here is an activity to illustrate this point:

Write up to five positive things that you have gotten out of using tobacco (e.g., "It has helped me meet new people")**:**

1. _____
2. _____
3. _____
4. _____
5. _____

Beware the Performance Myth: One example of the *Performance Myth* is the belief that using tobacco is a good way to relax. However, science tells us that using tobacco raises the risk of several cancers and other physical illnesses, over-stimulates the nervous system, and can increase the risk of heart disease…not very relaxing…Is it really a good way to relax when longterm risks outweigh shortterm *gains*??

The point is, although some things look like benefits,
they can have certain "hidden" costs associated with them.

For example, *Benefit*: "I have a lot more fun with my friends when I'm smoking";
Example of a "hidden" *cost*: "It took me weeks to clean up the mess I created when my girlfriend found out I smoked again"

Please list up to five ways that the benefits you listed above
may have *hidden* costs to you.

1. _____
2. _____
3. _____
4. _____
5. _____

Before you set a quit day, this is a good opportunity to revisit the reasons you are reading these modules. Please fill in your responses to the questions below (only answer the questions that currently apply to you):

What are some of your concerns about quitting?_____
When and why did you begin smoking in the first place?_____
What have been the benefits of using tobacco?_____

What you can do to prepare for quit day

MAKING CHANGES

Making changes in the way you use tobacco products will help you move closer to quitting for good. Here are some suggested changes. Check the ones that you could make:

_____ Buy your tobacco in the smallest quantity, e.g., a pack of cigarettes instead of a carton.

_____ Buy it at a different store that is out of the way for you.

_____ Switch to a brand that you don't like.

_____ Keep it in a place that is inconvenient.

_____ Use it only in one place and limit the time you spend there. Don't smoke in the car or the bedroom.

_____ Use half of what you normally would at any given time.

_____ Stop carrying tobacco with you at home or at work.

_____ Smoke only those that you really want. Wait 5 minutes.

_____ Hold your cigarette/cigar in the other hand. Park your chew on the other side.

_____ Think about what you DON'T like about using tobacco.

GET SUPPORT

Quitting tobacco is hard. You have to do the work yourself,
but you do not have to do it *by yourself*.

Think about who can help you. Get support from people who have successfully quit.

Here is one way to do this:

M Y S U P P O R T S Y S T E M

Family (phone numbers)	Co-workers (phone numbers)	Friends (phone numbers)

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IMPORTANCE & CONFIDENCE

You say you are ready to quit. On a scale of 1-10 (10 being most important), **how IMPORTANT is it to you to stop using tobacco right now?___**

What would make your number higher (if less than 10)?_____
_____

What are your top priorities in life (e.g., Providing for my family)? Please list your top priorities below:

1. _____
2. _____
3. _____
4. _____
5. _____

Does tobacco use interfere with any of your top priorities? For example, someone whose top priority is to provide for their family, but who smokes and may, therefore, die early, is experiencing some interference. List some examples of how tobacco use interferes with your priorities:

1. _____
2. _____
3. _____
4. _____
5. _____

What is something you are good at; or, what is your best trade, hobby, or skill?_____
_____

Why are you so good at the thing you listed above? How do you explain your success (e.g., luck; hard work; intelligence; opportunity)?_____
_____

How CONFIDENT are you, on a scale of 1-10 (10 being the most confident), **that you have what it takes to quit right now?___**

What would make your number higher (if less than 10)?_____
_____

Please circle the box below that indicates how important quitting is to you right now, and how confident you are that you can quit right now.

From the 1-10 scales used on the previous page, a score of 1-3 is considered low, 4-7 is considered medium, and 8-10 in considered high

High Importance/ High Confidence	**Medium Importance/ High Confidence**	**Low Importance/ High Confidence**
High Importance/ Medium Confidence	**Medium Importance/ Medium Confidence**	**Low Importance/ Medium Confidence**
High Importance/ Low Confidence	**Medium Importance/ Low Confidence**	**Low Importance/ Low Confidence**

What might make quitting right now more **IMPORTANT** to you (if your score is medium or low)? You could copy this from the last page or list new ideas here._____
_____
_____

What might make you more **CONFIDENT** in your ability to quit right now (if your score is medium or low)? You could copy this from the last page or list new ideas here
_____
_____
_____

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Setting a Quit Day

Do you feel ready to deal with the roadblocks that have been keeping you from quitting?

1. If so, now is the time to **set your quit date**
    a. **Pick a day to quit—about seven days from now**
    b. **Mark your quit date on your personal calendar**
2. **Then, stop smoking (or stop using other tobacco) on the day you picked**
3. No fooling around, no kidding yourself, no halfway measures. **Just quit. No more cigarettes, no more tobacco.**

In the next week, you will be getting ready to quit. You will learn how to quit right and what to do when you quit. **Taking the time now will help you quit for good.** Did you mark your calendar? Great! Now make sure the calendar is in a place where you will not miss it. Once you have quit, check off each day you have gone without smoking. This is a good way to **watch your progress.**

Getting Help

"In the past, I really didn't think it through. Then I realized that I need to plan what to do in place of smoking. I do have choices."

Starting now, you can get help with quitting from the people you know. Many of them will want to help you quit. It is okay to get help from other people. They cannot do it for you, but they can make things a little easier for you. **Deep down, even smokers will respect you for quitting. Many will wish they could quit too.**

Choose people to help you from your family, workplace, and friends.
Be sure to tell them how best to help you.

See the grid you filled out earlier in this module for
names and phone numbers of support people

What will you do to overcome roadblocks? What will you do instead of smoking?
Please list some of your ideas below (new ones or copied from earlier):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Other Ways of Finding People to Help You Quit

"At first, I felt nervous about asking people to help. But I found that a lot of my friends have quit too. And they had some pretty good tips for me."

You can use the letter below or create your own for the person or people you most want to help you quit.

[Sample Letter to Friend]

Dear _____:

I need your help to _____ (stop smoking or stop using other tobacco). Doctors know that friends and family can be a big help to someone who wants to quit using tobacco. Here are some things you can do to help me quit for good:

1. Be positive. Tell me you're glad I've quit.
2. Please put up with me if I'm crabby or cranky the first few days after I quit. While I'm giving up cigarettes (or other tobacco), I may be on edge. This will go away soon.
3. Ask me how things are going from time to time.
4. Make a change for the better yourself, like eating better or exercising.
5. Reward and praise me. Rewards don't have to cost much. It's the thought that counts.
6. Don't tempt me. It's hard enough without seeing and smelling cigarettes. It'll be tough if you offer me a cigarette, or if you smoke in front of me.
7. Don't nag. Be understanding.
8. If I slip up, tell me not to give up.

Here are some other things you can do: _____
_____
_____

Thank you for helping me quit. It means a lot to me.

Sincerely,

_____
(Your Signature)

Alternatives to Smoking
Here are some things that have worked for other smokers:

Pack Tracks

Do you smoke because you like it? There are many other reasons people smoke. If you know where, when, and why you smoke, you can plan ahead for those times.

Successful quitters plan ahead.

Print out the Pack Track cards found at the end of these modules. Each Pack Track is about the size of a cigarette pack so you can attach it with a rubber band or slip it inside the cellophane.

Use one Pack Track for each pack of cigarettes you smoke over the next few days. Every time you smoke, write down the time of day, the mood you are in at the time, and how much you need that cigarette.

After you have used Pack Tracks for a few days, lay your cards out side by side. Look them over. First, look at your faces.

If you checked mostly happy faces, it is likely that you smoke to relax, feel good, and enjoy good times. Think about where and when you smoke your "I'm feeling happy" cigarettes and who is with you.

If you checked mostly blah faces, it is likely that you smoke out of boredom or pattern. Maybe you like having something in your hand. You may not even realize that you are smoking. Think about where and when you smoke your "I'm feeling bored" cigarettes.

If you checked mostly unhappy faces, it is likely that you smoke when you are tense, angry, or upset. "Unhappy cigarettes" are hard to give up, but you can do it. Many people who quit say they learned smoking really did not help them deal with unhappy feelings. Think about where, when, and why you smoke your "I'm feeling unhappy" cigarettes.

How Much Did You Need Them?

Now, think about how much you needed each cigarette.

If you picked mostly "YES," you may be highly addicted to nicotine. Nicotine replacement therapy or other medication may help greatly as you quit.

If you picked mostly "NO," your physical addiction might not be as strong. Medication may help you, but the other techniques in this program may be equally helpful.

If you picked mostly the "?," you may be smoking out of habit. You can use this program to figure out what you can do instead of smoking in those situations.

Time and Place

You can use Pack Tracks to figure out your smoking patterns. Think about where you were when you had each cigarette. These times and places may trigger your urge to smoke. Use this information to plan things to do instead of smoking. For example, if you smoke after dinner, try getting up from the table and taking a brisk walk. If you smoke when you are under pressure at work, come up with other ways to deal with stress.

Ways Pack Tracks Can Help You

If you are a happy smoker:

Spend more time with people who do not smoke.

Cut down on alcohol. Many smokers light up when they drink. Have a nonalcoholic cocktail.

Do other things you like: Go for a walk, do the relaxation exercise, see a movie, call a friend, work on a hobby…

If you are going to be with smokers (e.g., at a party), plan for it ahead of time. Think of yourself there without a cigarette. Imagine how good you'll look without a cigarette. Tell yourself that the good times will be even better without cigarettes. **Plan what you will say if offered a cigarette (e.g., "No, thanks, I'm training for a marathon…")**

If you are a bored smoker:

Get up and get moving
Take a walk
Do a puzzle
Chew gum
Work on a hobby
Exercise
Call or get together with a friend
Do anything to avoid smoking

If you are an unhappy smoker:

Squeeze a ball
Exercise
Hit a pillow
Do the relaxation exercise
Sew or knit
Weed your garden
Play with your child
Play with a pet
Read a good book
Crumple up or tear paper

Identifying Your Smoking Triggers

A trigger is a situation, event, or behavior that sets off the urge to smoke (or use other tobacco products). Triggers can also be thoughts or feelings that remind you of smoking. When you quit, it helps to figure out your smoking triggers. Then decide how you are going to deal with them without smoking.

Here are some examples of triggers and how to deal with them:

Trigger #1: You have a cigarette with your coffee.
Skip the coffee for a while. Drink tea, or take a walk instead. Change the place where you have your coffee. Have a low-calorie snack with your coffee.

Trigger #2: You are having a relaxing evening with friends.
Relax with friends who do not smoke or friends who have agreed to help you quit.

Trigger #3: You are going to be in a group where everyone smokes.
Go where there is a no-smoking area or to a nonsmoker's home. Do something active so you cannot smoke.

The whole idea is to change the way you did things when you smoked.
Remember, the urge to smoke will pass in three to five minutes, whether you smoke or not.

Other tips for getting ready to quit

Do a thorough search and get rid of all cigarettes and smoking related items (e.g., lighters, ashtrays, etc.) before you quit. You do not want to stumble upon any cigarettes after you quit.

Tell people that you are quitting. Ask for help from those who can be supportive.
If you are going to use nicotine replacement (e.g., patch, gum), get your supply now.
You will need to have your supply ready on the day you quit.

Destroy all cigarettes. Check all pockets, purses, backpacks, drawers, glove compartments, work desks, and so on to make sure.

Jameson C. Lontz, Ph.D., 2010

What To Do on Quit Day

When you feel ready and capable of quitting, do it completely.

You can do the following on quit day:

Remove things that remind you of smoking cigarettes or using other tobacco products.

Throw out all cigarettes and other tobacco products. Throw out or put away all the ashtrays, lighters, and matches. Even if they cost you money, all of those objects are temptations to start smoking again (which would cost you way more money in the long run).

Put something in your mouth. Use a piece of carrot, celery, cinnamon stick, toothpicks, cloves, mint, or sugarless chewing gum.

Keep busy. For example, go for a walk, listen to music, read magazines or books, call a friend, play with your children, go to a show, go shopping, go to the beach, go to a dance, rent a video…

If you feel a desire to smoke, change the activity to keep busy and entertained.

Drink plenty of water, juices and herbal teas. Liquids such as water, fruit juices, or herbal teas cleanse the body. NOTE: Eight, 8-ounce glasses of water (about 2 liters) per day is usually recommended. However, drinking excessive amounts of water may negatively affect your health.

Distract yourself. Do whatever is fun and distracts you.

Take a rest or a nap. At night, go to bed earlier.

Eat foods with high nutritional value including vegetables, cereals, fruits, meats, and fish in your meals.

Avoid drinks with caffeine. Coffee, tea, and refreshments with caffeine can stimulate your desire to smoke.

Avoid consumption of alcoholic beverages. Drinking beer, wine, or liquor might give you the urge to smoke, especially in the early days of quitting.

Source: https://www.stopsmoking.ucsf.edu/tc4/en/intro/home.aspx

Jameson C. Lontz, Ph.D., 2010

4) Your Quit Day

Your quit date is: _____ Now mark this date on your calendar

This module covers what to do the day you quit smoking. You will find out how to get rid of your "old friend." We will also help you prepare for your life as a nonsmoker.

This module is for smokers and other tobacco users who want to quit, have overcome most of their roadblocks to quitting, and have spent at least a few days preparing for their Quit Day.

Get rid of all the cigarettes in your home.
Get rid of your ashtrays, lighters, and matches.
Look for cigarettes that may be in pockets, cupboards, or the car.
Get rid of them!

Do things to take your mind off smoking.
What will you do instead of having a smoke?

Tell friends, family, and co-workers that you have quit!

On your Quit Day, take time to go back over the modules you have completed.

Think again about your reasons for quitting.

Who is going to help you quit?

How are you going to reward yourself for quitting?

If you found out that you are strongly addicted to nicotine through the questions in module #2, consider the supportive medications discussed in that section. The medications work as good aides to help you get through your craving.

Reward Yourself

Your Quit Day is one of the most important days of your life. You are ready to quit. You have learned some things to help you make it over the next few weeks without smoking or using other tobacco. This is a special day. Be nice to yourself. You deserve it.

Reward yourself for not smoking.

Rewards do not have to be big or cost much; they can even be free. But it is important to reward yourself with things you care about or like.

Here are some rewards other people have used:

Buy a new CD, DVD, or magazine
Get a new hairstyle for the new you
Buy new walking shoes or exercise equipment
Get tickets to a baseball game or concert
Spend extra time on a hobby
Go to a movie or rent an old favorite
Enjoy an evening out

As soon as you quit smoking, your body begins a series of healing and recovery changes that continue for years.

- **20 minutes after quitting:** Heart rate slows down
- **12 hours after quitting:** Carbon monoxide level in blood drops to normal
- **2 weeks to 3 months after quitting:** Circulation and lung function improves
- **1 to 9 months after quitting:** Coughing and shortness of breath decrease
- **1 year after quitting:** Excess risk of heart disease is cut in half
- **5 years after quitting:** Risk of getting cancer of the mouth, throat, and esophagus is cut in half
- **5–15 years after quitting:** Stroke risk is reduced to that of a nonsmoker
- **10 years after quitting:** Lung cancer death rate is approximately cut in half
  Risk of mouth, throat, esophagus, bladder, cervix, and pancreas cancers decreases
- **15 years after quitting:** Risk of heart disease is that of a nonsmoker
  - **The extent to which your risks decrease depends on how much you smoked, the age you started smoking, and how deeply you inhaled**

Source:
http://www.prevention.va.gov/MPT/2009/CanQuittingReallyHelpaLifelongSmoker_Nov2009_final.pdf

Now you have cleared the path to quitting.

You Are Ready to Quit.

Jameson C. Lontz, Ph.D., 2010

Additional tips for quitting:

1. Take some deep breaths when you have an urge to smoke.
2. Drink lots of water.
3. Change your routine, especially at times when you used to smoke.
4. Increase your pleasant activities.
5. Use your most helpful thoughts.
6. Get support from others.

Source: https://www.stopsmoking.ucsf.edu/tc4/en/intro/home.aspx

QUIT NOW: Stop smoking, stop using other tobacco. No fooling around, no kidding yourself, no halfway measures. JUST QUIT.

No more cigarettes, no more tobacco.

Jameson C. Lontz, Ph.D., 2010

5) Staying Off Tobacco

This module helps you cope with the first few weeks of quitting.
You will find tips on how to deal with tough times.

This module is for anyone who has recently quit.

A lot of tobacco users worry about how they will feel while they are quitting. Here are some common complaints from other people who quit and what they did to feel better. No two people are alike. Some people have a lot of these complaints, while others do not have any. **Keep in mind that each complaint is a sign your body is healing.**

If You Have…	Try…
Cough, dry mouth, or nasal drip	Drink plenty of fluids. Try cough drops.
Headaches	Use over-the-counter pain relievers. Take a warm bath or shower.
Dizziness	Take extra caution when rising from a lying or seated position. Move slowly.
Constipation, gas, or stomach pain	Drink lots of fluids. Add fiber to your diet (fruits, vegetables, whole-grain breads, and cereals).
Hunger	Drink water or low-calorie liquids. Be prepared with low-calorie snacks such as raw vegetables.
Fatigue	Get at least eight hours of sleep per night. Take naps if you need. Exercise and nicotine replacement therapy (medications) can help too.
Insomnia	Avoid caffeine after 6pm. Take warm baths or do the relaxation exercise before going to bed.
Irritability	Go for walks. Do the relaxation exercise. Try using a quit-smoking medication.
Difficulty concentrating	Plan workload accordingly. Avoid extra stress as much as possible during the first few weeks.
Cravings for a cigarette	Wait out the urge—urges last only a few minutes.

Remember:

These problems do not last long—they are signs that your body is recovering.

These problems are actually *symptoms* that your body is returning to a healthy state.

Once you get through the first week or two, you will be on the way to feeling a lot better.

If you have cravings, remember the reasons for quitting that you listed earlier.

Do not give in to the internal negative critic.

Try to notice self defeating talk. For example, say, "I'm noticing that I'm having a craving"; or, "I'm noticing that I'm trying to talk myself into having a cigarette…but my reasons for quitting are far greater than my need for a cigarette…"; or, "I'm noticing that I'm forgetting how quickly my cravings will pass…if I wait 3 to 5 minutes, this craving will pass too…"

Here are some additional ways to deal with thoughts you may have when quitting:

"I like to have something in my mouth. Now that I don't smoke, I chew sugarless gum, eat carrot sticks, or suck on hard candy. It takes away that urge to have a cigarette in my mouth."

"I told everyone I knew that I had quit smoking. That was real helpful because people knew that the last thing I needed was the offer of a cigarette."

"I tried the breathing technique—the relaxation exercise—and it surprised me. Afterwards I didn't want to smoke."

"For the first few weeks after quitting, I held myself to a drink or two at the most. Any more than that gave me a real urge to smoke."

15 WAYS TO TAKE A "NON-TOBACCO BREAK"

1) Find a quiet place and spend a few minutes on yourself.
2) Read a magazine or book for 10 minutes.
3) Read information about not using tobacco.
4) Work on your craving management plan.
5) Make a list of benefits of not smoking.
6) Eat a fruit snack.
7) Talk with others who do not use tobacco.
8) Write in a journal.
9) Relax! Try deep breathing.
10) Add up savings of not using tobacco so far.
11) Listen to your favorite music.
12) Take a brisk walk.
13) Reflect on your accomplishments of the day.
14) Take a deep breath of your fresh-smelling clothes.
15) Others: _____

_____

When Other People Do Not Understand

Quitting is an important step for you. While many people want to help you quit, some do not understand what you are going through and may not make it easy for you. For help dealing with the negative people, try to remember all the reasons for quitting listed in earlier modules. You can also talk to support people to help you quit.

SAYING "NO" TO SECOND-HAND SMOKE
More incentives to stay quit:

50,000 adult, children, and infant deaths occur every year in the United States from second-hand smoke. Of these deaths, 3,000 are from lung cancer in people who never smoked. There are more than 300,000 cases of bronchitis and pneumonia every year in infants up to 18 months of age. Children who breathe second-hand smoke have many more ear infections, coughing, and wheezing. If they already have asthma, it is much worse.

You can help others and yourself by staying quit.

Using Positive Feedback

"When I told my neighbor I planned to stop smoking, she said, 'Oh sure, you've stopped many times.'"

Here is one way that you could respond:

"Sure, I went back to smoking before, but I was practicing to quit. This time I'm going to learn about my smoking (or other tobacco use), plan other things to do, and quit for good. Most quitters need to try a few times before they quit for good."

Do not let anyone put you down. You can quit.

I said no and meant it

Saying no to cigarettes (or other tobacco) is one of the secrets to success. It is okay to say no, and there are many ways to say it. Practice until you find the right way for you.

The more you say no, the easier it will be.

Nice: "Thanks, but I'd rather not. I quit."

Firm: "No, thanks. I'm trying to quit. If you really want to help me, please don't offer me a cigarette."

Sharp: "No. You really aren't doing me a favor by trying to get me to smoke when I'm trying to quit." (Save this one for a last resort if you want to keep your friends).

Humorous: "I'm sorry, I can't. I'm in training for the Boston Marathon, and my coach won't let me."

Remember to take this 24 hours at a time.
You just have to make it through today.
You can handle tomorrow when it comes.

Why I Should Quit

Every tobacco user has his or her own reasons for wanting to quit. You can read the following reasons and take note of the ones you consider to be the most important:

Take care of the health and well being of my family

Give a better example to my children
Prevent illness in my children such as bronchitis and colds
Improve relations with my loved ones
Not waste money
Avoid starting fires and burns on the furniture
Live many years to be able to appreciate my children and my grandchildren

Improve my health immediately

Breathe better
Less of a cough
Have fewer problems with indigestion
Feel more energetic

Avoid serious health problems in the future

Avoid cancer of the lungs and other parts of the body
Avoid heart disease

Improve my physical appearance

Eliminate bad breath
Have a nicer taste in my mouth
Have fewer wrinkles on my face
Get rid of the yellow coloring of my teeth and fingers
Avoid burn holes on my clothes

Source: https://www.stopsmoking.ucsf.edu/tc4/en/resources/guia.aspx#page1

6) Sliding Back

What If You Smoke?

You get back on track.

If you slip and smoke a cigarette or two:
Do not worry. This does not mean you have failed.
Forgive yourself.
Millions of people who have quit have also slipped.
And many of these people still end up quitting for good.

Here are some steps you can take to quit for good:

Treat your situation like an emergency and get out of it. Stop smoking immediately.
Take action. Get rid of all cigarettes.

Once you have removed yourself from the situation, think about what went wrong.
Where were you? What were you doing? Who were you with?
Figure out what caused the slip.

Next, decide what to do if this situation comes up again:

"I smoked when a friend of mine at work offered me a cigarette. I hadn't told him that I had quit. I just took the cigarette. Now, when someone outside of work offers me a cigarette, I just say, 'No thanks, I've quit!'"

If you have relapsed:

Go back through the modules of this program to help get you back on track. The first module will help you make up your mind to quit again. Then find the sections that apply to your personal interests and concerns.

Once you are back on track, set a new quit day.
Tell everyone you are quitting.
Most people practice quitting many times before they succeed for good.

Make a list of the coping strategies that are sure to work for you. Forget about plans that did not work in the past. Try new ones.
Review your reasons for wanting to quit.
Review these materials again whenever you feel you are slipping back.

When the urge hits, say "I'm going to make it this time."

Remember to give yourself a pat on the back for every cigarette you do not smoke, for every time you say no. Each small victory helps you become a nonsmoker.

What To Do If You Start to Smoke

Many people start again after quitting for several days.

If you were able to quit for a few days and then started again:

THE TIME TO QUIT AGAIN IS NOW.

There are some things you can do right now to quit for good:

Remember why you started.
Analyze what happened or where you were when you started again and try to avoid or prepare yourself for that situation in the future.

Do not think you have failed.

Remember that many people start again before being able to quit for good.
Think of other difficult things you have accomplished in the past.

Be careful with your thoughts.
Thoughts can hurt us or help us to live better. Instead of complaining about the difficulty of quitting, you can say to yourself,
"Even if it's difficult, it's not impossible...I am capable of quitting!"

When you start to think you are going to die anyway, think "I am going to live the years I have full of health and tobacco free."

Talk to your doctor about whether the nicotine patch, gum, or other medication would be helpful for you in your effort to quit.

Tell your doctor that you intend to quit so he or she can help you with medication that will help you control your addiction to nicotine.

Jameson C. Lontz, Ph.D., 2010

Find other ways to keep yourself entertained.

Many people start again because they feel bored or depressed. Find things that are interesting or fun to do that will help you forget cigarettes (or other tobacco). As examples, go to a show, dance, walk through the park, go shopping, visit friends who do not smoke, go to church, and so on.

Please list other ideas you have to stay entertained so you can avoid smoking:

1. _____
2. _____
3. _____
4. _____
5. _____

The Time is Now

You have already gained so much by quitting for a few days. Even though you may have many other concerns or problems at this moment, remember that there will never be a perfect moment to quit smoking.

With so many problems, why endanger your future and your family's future?

Talk to your relatives and friends, and ask them to help you quit.
They can help you quit by not offering you cigarettes (or other tobacco products), having fun with you in activities that do not involve cigarettes,
and supporting your decision to quit.

The more techniques you try, the easier it will be to quit smoking.

Source: https://www.stopsmoking.ucsf.edu/tc4/en/resources/guia.aspx#page4

7) Becoming a Nonsmoker

Welcome to life as a nonsmoker!

This module is for people who have quit and stayed off cigarettes (or other tobacco products) for at least two weeks.

Thinking Like a Nonsmoker (tobacco free person)

One way of overcoming your addiction is by changing your frame of mind. It is time to start thinking of yourself as a nonsmoker. A way to do that is to remind yourself of all the reasons for quitting.

These reasons might include:

I feel better.
My health is improving.
I don't smell like cigarettes anymore.
I'm saving money.
I'm taking control of my life.
I'm no longer hurting the people around me with secondhand smoke.
I'm setting a better example for my family.

Please list some of your reasons for quitting
(you could copy these from earlier modules):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Count Your Savings

One of the rewards of quitting is that you will save money. Whether you smoked one pack a day or three, the savings add up. And just think of all the ways you can spend this money now! Here are your savings (those who use smokeless tobacco will have to modify this, but at least you will have an idea of your savings):

Time	Packs of Cigarettes Smoked Each Day				
	1	1.5	2	2.5	3
Day	$ 5.00	$ 7.50	$ 10.00	$ 12.50	$ 15.00
Week	$ 35.00	$ 52.50	$ 70.00	$ 87.50	$ 105.00
Month	$ 150.00	$ 225.00	$ 300.00	$ 375.00	$ 450.00
Year	$1825.00	$2737.50	$3650.00	$4562.50	$5475.00

$1,825 per year	At one $5 per pack per day. Price varies by brand and state. If you only smoke ½ pack per day, divide these dollar amounts by two and so on to get an idea of your total cost.
5 years	$9,125
10 years	$18,250
15 years	$27,325
20 years	$36,500
25 years	$45,625
30 years	$54,750
35 years	$63,875
40 years	$73,000
45 years	$82,125
50 years	$91,250
55 years	$100,375
60 years	$109,500

Jameson C. Lontz, Ph.D., 2010

Reward Yourself

In addition to changing your frame of mind, it is important that you reward yourself for becoming a nonsmoker.

People who reward themselves for quitting are more likely to succeed, so…

Go out to a movie.
Buy a magazine.
Take time to do nothing.
Take yourself out for dinner.
Get tickets to a concert or sporting event.

How will you spend the money you are saving by being tobacco free?

1. _____
2. _____
3. _____
4. _____
5. _____

Helping Others Quit

If you have recently quit, you know what it takes.

Helping others quit can help you stay tobacco free.

Here are steps to use in helping others quit:

Step 1: Find out whether the person really wants to quit. About eight out of ten smokers say they want to quit. If they do not want to quit, find out why not. Remember when you identified how important quitting is to you, and how confident you were in your ability to quit? Encourage others to consider their levels of importance and confidence. Offer support if they are willing to accept it.

Step 2: After you find out what is keeping the smoker (or user of some other type of tobacco) from quitting, share ideas from this program to help her or him overcome any barriers. Please note that this is only appropriate if the other person gives you permission to help.

Step 3: Have the person set a Quit Day. Follow up and be encouraging. Show you have faith that they will quit for good. Remember how others helped you.

Step 4: Check up after their Quit Day.

Jameson C. Lontz, Ph.D., 2010

Here are suggestions for supporting a person who has just quit:

Give them a copy of this guidebook.

Help with small chores around the house.

Give rewards for each day off cigarettes (or other tobacco).

Suggest s/he call the local American Lung Association
at **1-800-LUNG-USA** for more support.

Give encouragement for progress.

There are various things you can do to help a relative or friend quit.

Ask about their reasons for quitting.
It is important that they think of their own reasons,
but you can also point out other reasons.

Suggest that they not smoke in the house to protect the health of their family.

Invite them to exercise, walk, or go to the park when they feel the urge to smoke.

Recommend that they have an excuse or reason for
not smoking when friends offer cigarettes
For example:
"Thanks, but I don't want to smoke"; or, "I'm trying to quit smoking."

Do not scold them.
Congratulate them for their efforts in trying to quit, and support them.

Ask them how they feel since quitting.
They will understand that you are concerned about them and that you are aware of the effort they are making because you have been there.

Help them to avoid alcohol, which may increase cravings for tobacco,
in the first few weeks after quitting.

Support them even if they start to smoke again, pointing out that
almost all quitters have had to try more than once.

At each try, the smoker learns situations where it is difficult to control urges to quit.
On the next try, they will have more success.

Help them to replace cigarettes (or other tobacco) with other pleasurable activities such as going to a show or taking their kids to the park.

For your spouse or partner,
you can do something romantic such as prepare a special meal for them.

Source: https://www.stopsmoking.ucsf.edu/tc4/en/resources/guia.aspx#page5

On the Road to Staying Tobacco-free

Congratulations!

You are on the road to staying tobacco-free.
It is a better life for you and the people around you.

Be proud of yourself, and enjoy your smoke-free (tobacco-free) life.

From time to time, you may want to smoke.
However, your urges will decrease each day.
Always be on guard.

Remember, it is easier in the long run to have none than one.

If you feel the urge, use the tips you have learned from this program that have worked for you in the past.

Every day, it will be easier to say, ”I’m tobacco-free!”

Congratulations!

Be proud of your accomplishment.

Additional References: http://www.ucanquit2.org/

Jameson C. Lontz, Ph.D., 2010

Using Pack Tracks

For every cigarette you light, indicate how much you want that smoke. Check "YES" if you really want or need it, "yes" if it's a normal urge, or "?" if the craving isn't strong.

Then, indicate the mood you're in. Check a:

- *Happy face if you're feeling good.*
- *Blah face if you're bored.*
- *Unhappy face if you're tense, angry, or upset.*

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DATE:

NO.	TIME	NEED ? yes YES	MOOD
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DATE:

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✂ Cut along dotted line

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American Lung Association

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Pack Tracks

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American Lung Association

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American Lung Association

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