

# Creating a Smoke-Free Life

Whether this is your first time  
trying to stop, or you've tried many  
times before, you can succeed —  
with help and support.

**For People Who Use Tobacco**  
**SELF-HELP WORKBOOKS**



**Part 1 - Moving Toward a Smoke-Free Life**

**Written by Ex-Smokers**  
**For those not ready to stop smoking in the next month**



**Part 2 - Creating a Smoke-Free Life**

**For those planning to stop smoking in the next month —  
this workbook is for you.**

# Plan to Succeed

## **Welcome to Creating a Smoke-Free Life Plan — to Help You Reach Your Goal to be a Nonsmoker**

People are much more likely to succeed in stopping smoking when they know what obstacles they may face and plan how to handle them. The exercises in the following pages will help you create your own plan for success.

*Ready:* Review the reasons you want to quit now, and plan ways to cope with expected problems while quitting.

*Set:* Set your Stop Date, and make a plan to prepare yourself and others around you.

*Stop:* Plan for your first few days as a nonsmoker to help you stay on track.

## Ready:

**You've probably already done some thinking about why you smoke and why you want to quit. List the reasons you smoke. Be specific. Think about the way it makes you feel.**

Here are some examples from other smokers:

*"It helps me cope with the stress of my family situation."*

*"It gives me something to do with my hands."*

*"It keeps me alert when I'm trying to concentrate on work."*

## Why I Smoke

I smoke because:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Think about why you want to quit now.

Here are some more examples:

*"I want my kids to be proud of me."*

*"I want to feel in control."*

*"I want to feel more comfortable in places where smoking is prohibited."*

*"I want to have more energy and not cough so much."*

*"I hate the way I smell."*

## **Why I Want to Stop Smoking**

I want to stop smoking because:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

You may have tried to stop before. This experience is a very valuable tool to use as you plan for success.

## **When I've Tried to Stop Before**

The things that helped the most were:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

The things that got in the way were:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

What's different this time is:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

# Planning for Triggers

**When you know what makes you crave a cigarette, you can plan how to deal with it. If you know you're going to be in one of your trigger situations and you can't avoid it, picture yourself in that situation as a nonsmoker.**

<b>Triggers:</b>	<b>How to Cope:</b>
<b>Talking on the phone</b>	Holding a straw or doodling
<b>Driving</b>	Chewing sugarless gum or munching carrot sticks
<b>Being around other smokers</b>	Staying in a smoke-free environment as much as possible, spending time with nonsmoking friends
<b>Feeling tense or stressed</b>	Exercising, taking some deep breaths, or calling a friend
<b>Waking up in the morning</b>	Going for a walk first thing in the morning, changing the order of activities in the morning
<b>Feeling Sad or Depressed</b>	Taking up a new hobby or playing with a child or pet

## **My triggers and how I will cope**

<b>My trigger is...</b>	<b>and I'll cope by...</b>
1)	
2)	
3)	

## TIPS

- ◆ **Talking with your family, including your children, as well as friends and coworkers can make quitting easier. Tell them you've resolved to quit now and may need their help and understanding from time to time.**
- ◆ **Recruit the help of a successful ex-smoker.**
- ◆ **Make a list of people who you can contact to help you through different situations. Suggest ways they can help:**

*"Be available for support when I need it. Maybe just for a little while by phone each day."*

*"Help me get rid of all cigarettes at home, in the car, at work."*

*"Be positive and encouraging."*

*"Be patient with me as I go through this process."*

# Set Your Stop Date

**Your stop date is the day you will stop smoking completely. Here are a few things to consider:**

- Don't set your Stop Date on a day that may be unusually hard for you — like when relatives are visiting, or if you have an important meeting.

## TIPS

### ◆ **Pick a date with a special meaning for you:**

- A special anniversary
- Some people pick garbage day — you can throw away your cigarettes the night before, and start fresh on your Stop Date
- Pick a day when you'll have time to plan smoke-free activities
- First day of a 3- or 4-day weekend

***If you are taking medicine to help you stop, these are ways to remember to take your medication:***

➤ I will...

- ◆ Keep it near the coffeemaker.
- ◆ Put it in my pill container along with my other medications.
- ◆ Ask (insert name) \_\_\_\_\_ to remind me to take it.

***Before Your Stop Date***

➤ Change routines when you usually smoke a cigarette.

- ◆ Drive a different route to work
- ◆ Listen to a new radio station
- ◆ Change the order of your morning activities

➤ Clean your home and get rid of ashtrays, matches, lighters, anything you use for smoking.

➤ Have your car cleaned and deodorized so the smell doesn't make you want to have a cigarette.

➤ Start drinking lots of water.

➤ When you smoke, go someplace that's not comfortable or familiar.

➤ Smoke with the hand you do not usually use.

# On Your Stop Date

## TIPS

- ◆ **Make absolutely sure that you have NO cigarettes, tobacco, lighters, or ashtrays.**
- ◆ **DON'T keep anything hidden for an “EMERGENCY” or a “rainy day”.**
- ◆ **For a short while, give up things you associate with smoking — such as coffee and tea, or alcohol.**
- ◆ **Keep busy. Plan your activities or leave plenty of time to sleep.**
- ◆ **Keep your hands active.**
- ◆ **Don't sit in your favorite chair. To avoid reminders of where you often smoked.**
- ◆ **Eat in a different room than usual or at a different table.**
- ◆ **Stay in nonsmoking areas as much as possible.**
- ◆ **Refuse to Give Up:**
  - Stopping Smoking is a process:
    - ✓ Deciding
    - ✓ Planning
    - ✓ Surviving as a new quitter
    - ✓ Staying a nonsmoker

# Coping

**The following are the most common symptoms people get when they stop smoking and ways of coping with them. Check off those you will use and fill in any other strategies you think will work.**

<b>Symptom:</b>	<b>Strategy for Success:</b>
<b>If I crave tobacco or nicotine</b>	<ul style="list-style-type: none"><li>☐ Distract myself by _____</li><li>☐ Do some deep breathing</li><li>☐ Brush my teeth</li></ul>
<b>If I feel irritable</b>	<ul style="list-style-type: none"><li>☐ Take a few slow, deep breaths</li><li>☐ Soak in a hot tub</li></ul>
<b>If I have trouble sleeping</b>	<ul style="list-style-type: none"><li>☐ Avoid using medication too close to bedtime</li><li>☐ Avoid caffeine in the late afternoon or evening</li><li>☐ Call my doctor</li></ul>
<b>If I have a hard time concentrating</b>	<ul style="list-style-type: none"><li>☐ Take a walk outside</li><li>☐ Take a break</li><li>☐ Make my schedule easier for a few days</li><li>☐ Remind myself that this will pass in a few days</li></ul>
<b>If I'm extra tired</b>	<ul style="list-style-type: none"><li>☐ Get plenty of sleep</li><li>☐ Try to be more active, take a walk or some other exercise</li><li>☐ Nap during the day when possible</li></ul>
<b>If I have gastrointestinal problems, like gas or constipation</b>	<ul style="list-style-type: none"><li>☐ Drink plenty of fluids</li><li>☐ Get enough fiber in my diet, including raw vegetables, fruit, whole grains</li><li>☐ Exercise more if possible</li><li>☐ Ask my doctor or pharmacist about over-the-counter medicines that may help</li></ul>
<b>If I'm bothered by coughing or nasal drip</b>	Remind myself that: <ul style="list-style-type: none"><li>◆ These symptoms are actually my body beginning to repair itself from damage caused by smoking — they show that I'm healing</li><li>◆ They usually go away within a few weeks after quitting</li><li>◆ Contact your doctor if you are bothered by the side effects</li></ul>

# TIPS

- ◆ ***Change the way you think about smoking***
- ◆ ***Focus on not smoking one day at a time — don't worry about tomorrow, next month, or next year.***
- ◆ ***Review your progress often and congratulate yourself***
- ◆ ***Plan to give yourself a reward with the money you'll save from not buying cigarettes, tobacco, e.g., a trip***
- ◆ ***Remind yourself:***
  - ↳ Success depends on good planning, not willpower
  - ↳ You are choosing not to smoke — that puts you in control
  - ↳ As each day goes by, your addiction gets weaker
  - ↳ Just one cigarette can undo all of your hard work
  - ↳ Get plenty of rest and eat healthfully.
  - ↳ Whether or not you smoke, the craving will pass.  
Look at it as just getting through the next 2 minutes
  - ↳ If you get an urge to smoke, wait 2 minutes

# Strategies for Success

## Put Weight Control Aside for Now

Most people worry about gaining weight when they stop smoking. That's because eating can be a natural way to temporarily help control the urge to smoke. However, stopping smoking should be your first concern. You'll be able to deal with any short-term weight gain in a few months.

Here are some tips to help manage your weight while you stop:

- ◆ You can still use snacks to deal with cravings. Try eating healthy snacks — fruit, raw vegetables, or sugarless mints, hard candies or chewing gum.
- ◆ Drink lots of water to help feel full.
- ◆ Add some fitness to your life — go for walks, bike, or exercise with a friend.
- ◆ Try your best to eat a healthy, well-balanced diet.

## Dealing With Stress

Here's a list of ways that some ex-smokers have found to cope with stress.

- ◆ Take several slow breaths.
- ◆ Relax and take a 10-minute imaginary vacation.
- ◆ Exercise — take a walk or do stretching exercises.
- ◆ Stop and think about what's really bothering you.
- ◆ Communicate your feelings — don't keep them bottled up.
- ◆ Talk to an ex-smoker about their experience.

I deal with stress by: \_\_\_\_\_  
\_\_\_\_\_

## **Dealing With Friends That Smoke**

If many of your friends or someone in your household smokes, you need a plan to deal with them — and the way you feel when you're around them.

### **Think through some “what ifs”:**

#### **Situation:**

What if you're invited to a party where your friends will be smoking — and encouraging you to smoke too?

#### **Strategies for success:**

- ◆ Decline the invitation until you feel more comfortable as a nonsmoker.
- ◆ Excuse yourself if the pressure is too great.
- ◆ Calmly explain to your friends how important it is for you to quit for good.

#### **Situation:**

What if your partner smokes, and doesn't seem too interested in supporting your quit efforts?

#### **Strategies for success:**

- ◆ Try to find things you can do together without smoking — go to the movies, exercise, go to the store.
- ◆ Ask your partner to make specific promises about what he or she is willing to do to help.

## Other Possible Situations and How You'll Deal With Them

**What if....** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Strategies for success:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Recruit a “support partner”**

It's important to have a "support partner" while you're quitting

- ◆ To talk to about your decision to quit.
- ◆ To be able to call for support when you need encouragement.

Ask a friend or family member; anyone you can talk to on a regular basis, even by phone. Choose someone who you won't think is being judgmental.

## *Success the Second Time Around*

**If you've tried to stop smoking before, you may be worried about not succeeding this time.**

### **Strategies for success:**

- ◆ The past is over. This is a new beginning.
- ◆ Doing anything worthwhile is tough, and sometimes takes more than one try.
- ◆ Have a realistic plan in place to prevent any setbacks — and reach your goal.

# Reward Yourself

**In the past you may have rewarded yourself with cigarettes. Now that you're smoke-free, you need to find new rewards that will bring you pleasure.**

- Call a friend
- Buy something special
- Just take time for yourself

<b><i>I plan to reward myself</i></b>	<b><i>I will reward myself by:</i></b>
<b><i>On My Stop Date:</i></b>	
<b><i>For 1 Week:</i></b>	
<b><i>For 2 Weeks:</i></b>	
<b><i>For 3 Weeks:</i></b>	
<b><i>For 1 Month:</i></b>	
<b><i>For 2 Months:</i></b>	
<b><i>For 3 Months:</i></b>	
<b><i>For 6 Months:</i></b>	

## Renew Your Commitment

**When people start to feel better, they sometimes think one little puff won't hurt. Your goal is total nonsmoking — not even a single puff.**

### TIPS

- ◆ **Remember why you want to stop smoking for good**
- ◆ **Look at the list of reasons you made earlier in this workbook**
- ◆ **Follow you doctor's instructions**

#### **A Frequent Problem...**

*“You know, last year I felt so good after I ‘quit’ smoking. I really thought I had it licked. Three months after I quit, someone offered me a cigarette at a party, and I figured one puff wouldn’t hurt. Then I started smoking the whole cigarette when it was offered. I told myself I wasn’t really smoking again, since I wasn’t buying my own. But within weeks, I was. Now I really want to quit for good, and this time I know I can’t take even a single puff.”*

## **Whoops! What if you slip?**

Don't get discouraged. Check to see if you've really started smoking, or just slipped.

➤ Remind yourself of:

- ◆ All the progress you've already made.
- ◆ All the reasons you never want to smoke again.

I slipped because... \_\_\_\_\_

\_\_\_\_\_

What triggered my slip was... \_\_\_\_\_

\_\_\_\_\_

I want to stay off tobacco for good because... \_\_\_\_\_

\_\_\_\_\_

If it happens again, I'll handle it by... \_\_\_\_\_

\_\_\_\_\_

## **If You've Started Smoking Again**

➤ Realize that:

- ◆ You're smarter now about quitting.
- ◆ You're stronger now about quitting.
- ◆ You're better prepared for future success.

➤ Talk to your doctor about when you should try to stop for good!



**Stopping smoking is a process.**

**Even trying, is a great gift  
to you and your family.**

*Congratulations*