

QUIT SMOKING NOW

Prepare yourself and your environment before your quit date

1. Don't carry smoking material with you.
2. Assign smoking areas at home and work.
3. Find an old chair where you must sit, smoke, and do nothing else. Place a glass jar in plain site to keep all your butts and ashes for one week.
4. When you quit throw out the chair and after one year throw out the jar and send me a note.
5. For each pack you buy put the same amount of money in a jar next to the jar with the butts. After you quit continue to add the cigarette money for one year.
6. If you stay off cigarettes spend the money on yourself, if you restart donate it to American Cancer Society or American Lung Association.
7. Buy only one pack at a time and a different brand every time.
8. Inhale less deeply or put a pinhole in the filter of each cigarette.
9. Mark the cigarette half way and smoke to the mark.
10. Chew gum, a straw, lollipop, toothpick, or breath mints.
11. Throw out two cigarettes from the first pack you open then one more from each additional pack.
12. Carry a small container for your butts and ashes. Take a whiff before you light up.
13. Scream internally "STOP IN _____ DAYS!!!" before you light up.
14. Lay out a set number of cigarettes to smoke every day and decrease the number each day.
15. Smoke exactly on the hour. If you miss it you must wait to the next hour.

Step 1: Set your quit date at least 7 but not more than 21 days from now. Sometimes a buddy system, quitting with a friend, is helpful. Ultimately it's up to you alone.

Step 2: Monitor your smoking for 3-7 days. Mark down when you smoke and triggers. (what you were doing or where you were while smoking)

Step 3: Chose from any of the suggestions above and start tapering over the remaining days to your quit date. You must include the following up to your quit date.

1. Delay your first cigarette of the day.
2. Don't smoke with any of the triggers. (coffee, driving, reading)
3. Assign a smoking area.
4. Buy only one pack at a time.
5. Always buy a different brand.

Step 4: Quit on your quit date and reward yourself with a nonsmoking night out. For the first few weeks avoid all smoking locations and hangouts. Look in the mirror every morning and say:

"I AM A NON SMOKER"

Remember....

**Once you quit you can NEVER have another cigarette,
and you will feel better today than yesterday, so**

**QUIT
SMOKING
NOW...**

