

# StopSmoking<sup>SM</sup>

P R O G R A M

## BOOK 2: GETTING STARTED

This book will help prepare you for your Quit Day. It is divided into sections to be read during the days leading up to your Quit Day. Read the sections at a pace that is comfortable for you. You may find it helpful to read one section a day. Read the entire book before your Quit Day. Start Book 3 on your Quit Day.

### ARE YOU READY TO QUIT NOW?

If you are ready to quit RIGHT NOW and already know why you smoke and why you want to quit, skim through Sections 1 through 4 now and read Sections 5 through 9 thoroughly. Make a Quit Day Schedule as recommended in Section 9, then move on to Book 3. Your preparation and drive will be rewarded!

### YOU CAN DO IT

You may be nervous and/or excited about the idea of quitting. But, if you know that you want to quit, then you are ready to start making preparations for your Quit Day. Remember, “you have nothing to lose and everything to gain!”

### USING SMOKING CESSATION AIDS

If you are considering using a smoking cessation aid such as Nicotine Replacement Therapy (i.e., the patch, gum, nasal spray or inhaler) or other helpful products, review the last section in Book 3, “Nicotine Replacement Therapy and Other Smoking Cessation Aids”. Then contact your health care provider for further information on how to obtain and use the medication.

## SETTING YOUR QUIT DAY

Now that you have made the decision to quit smoking, it's time to get started. The first step is to select your Quit Day. This is the day you will actually stop smoking and become smoke-free. It is up to you, but we recommend that you set your Quit Day approximately one week from today. This gives you time to prepare for quitting.



Fill in the date of your Quit Day below.

MY QUIT DAY  
IS: \_\_\_\_\_.

Use the following list as a guideline in setting your Quit Day:

- Think about the next one to two weeks. Do not pick a day on which you know stressful events are going to occur.
- Choose a weekday, preferably early in the week.
- Do not put off setting your Quit Day if you're concerned about gaining weight. Book 6: Eating Well and Looking Good will help you avoid gaining weight.
- Think about the best day for you and select this as your Quit Day. Mark your calendar — it will be an anniversary date to remember for years to come!
- Try to make an appointment on your Quit Day to get your teeth cleaned.

BEGIN READING SECTION 1



# GETTING STARTED

## Section 1

### Take Charge of Your Addiction

Read the following information prior to your Quit Day.

The StopSmoking<sup>SM</sup> Program will work only if you have made the decision to quit. No quit-smoking program will be successful if the person using it is not committed to quitting. Be strong and take control!

#### HOW SMOKING AFFECTS YOUR LIFE

Think about how smoking affects your life. Do you plan your day around smoking? How would your life be different if you did not smoke? Would life be better?

- You might be more comfortable in social situations.
- You would not have to “slip out to smoke” at social events.
- You would not schedule plans around smoking.

Cigarettes affect your life more than you realize. Recognizing that cigarettes do influence how you live your life will play a big part in becoming smoke-free.

If you feel that smoking cigarettes is a GOOD way to help you deal with stress, pleasure, boredom, etc., your chances of remaining a smoker are high. To be successful at quitting, you must make the decision that you want to replace smoking with more positive ways of dealing with these situations and feelings. You deserve more than what cigarettes can offer.

Can you think of other ways your life would be different?

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# GETTING STARTED

## Section 2

### Why Do You Want to Quit?

Read the following information prior to your Quit Day.

We all have reasons for wanting to quit smoking. Identifying those reasons is important to your success. When you have the urge to smoke, remind yourself of your personal reasons for quitting. These reasons are more important to you than smoking a cigarette. Let those reasons help motivate you to remain smoke-free.

#### 'WHY I QUIT' CARD

Select the link for the "Why I Quit Card" from the main menu. Print the card. Write down your personal reasons for quitting on the card. Carry this card with you or put it where you carried your cigarettes (i.e., your pocket, purse or car). When you get the urge to smoke, pull out the card, take a deep breath and remind yourself of the reasons why you quit.

The urge will go away. Quitting is not easy, but former smokers find it much easier than they thought it would be.

What are your reasons for quitting? Look at both sides, weigh the pros and cons. Check off your reasons below.

- To live longer
- To be healthier
- For the health of your children, friends and co-workers
- To avoid the stares of your non-smoking friends
- To breathe easier
- To smell and taste food better
- To prevent looking old and wrinkled before your time
- To gain control of your life
- To be more attractive to your mate

## GETTING STARTED

### Section 3

## Why Do I Smoke?

Read the following information prior to your Quit Day.

Everyone smokes for different reasons. Now it's time to identify why YOU smoke. Once you know why you smoke, you can select the techniques, covered later in the program, that will be most helpful in aiding you to become smoke-free.

What do you like about smoking?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ARE YOU ADDICTED TO CIGARETTES?

Cigarettes are addictive. They affect you physically, psychologically and habitually.

### Physical Addiction

The nicotine in cigarettes gives your brain a “high.” If you smoke regularly, your brain becomes accustomed to the “high,” and begins to crave that feeling. Nicotine is more physically addictive than heroin or cocaine.

### Psychological Addiction

You begin to depend on the cigarette to “help you” through situations, both good and bad (i.e., getting a new job or arguing with your spouse). You become emotionally dependent on the cigarette.

### Habitual Addiction

Smoking becomes a “habit.” You begin smoking without even thinking about it (i.e., after a meal, when talking on the phone or starting the car).

## IDENTIFYING HOW YOU ARE ADDICTED

During the week before your Quit Day, ask yourself the following questions each time you light up:

1. “Why am I smoking this cigarette?”
2. “Am I addicted to this cigarette?” If so, in what ways?
  - Physical Craving
  - Emotionally
  - Habit

Once you know why you smoke, you will be better prepared to beat the addiction. You need to recognize that smoking is not a SOLUTION to a problem. THE PROBLEM WILL STILL BE THERE AFTER YOU SMOKE THE CIGARETTE.

Remember the reasons why YOU smoke and the methods YOU use to quit will be different than for someone else.

## BLASTING THROUGH BARRIERS

What are the barriers that keep you from quitting successfully? If you do not know what they are or where they are, they can slow your progress. Once you know your barriers, however, you can make plans to avoid them or, where you cannot avoid them, to blast through them.

Some barriers might be:

- My spouse smokes.
- I'm afraid of gaining weight.
- My job is very stressful.

Now, jot down your barriers and some things you can do to overcome them.

Barrier 1: \_\_\_\_\_

Barrier-blasting ideas: \_\_\_\_\_

\_\_\_\_\_

Barrier 2: \_\_\_\_\_

Barrier-blasting ideas: \_\_\_\_\_

\_\_\_\_\_

Barrier 3: \_\_\_\_\_

Barrier-blasting ideas: \_\_\_\_\_

\_\_\_\_\_

## Destroying the Myths About Smoking

Let's examine some of the myths that exist about smoking.

MYTH #1 — "Smoking helps me relax."

TRUTH — You might feel relaxed when you smoke. When you go without a cigarette, your body begins craving the nicotine.

By smoking you relieve the craving and therefore you feel relaxed. However, the nicotine actually increases your blood pressure and heart rate, and can increase tension. There are better ways to relax than smoking. Read about them in Book 5.

MYTH #2 — "Smoking makes me feel cool, sexy, sophisticated..."

TRUTH — This is what the cigarette companies tell you in their ads. But most people do not find bad breath, coughing, yellow fingers and teeth, the smell of smoke in their hair and clothes and premature aging to be

cool, sexy or sophisticated.

MYTH #3 — "Smoking helps me stay focused on my work."

TRUTH — This is the nicotine at work — nicotine temporarily speeds up your system. The problem is that you always come down. As a nonsmoker, you will be surprised at how much extra energy you have.

MYTH #4 — "Smoking helps me get through times of crisis."

TRUTH — Smoking is a brief escape. When you put the cigarette out, the problem will still be there. Instead, use some of the methods explained in Book 5 to deal with tough times.

# GETTING STARTED

## Section 4

### Recognizing Your Smoking Patterns

Read this section prior to your Quit Day.

Most smokers have a pattern to their smoking. For example, they smoke at certain times of the day, in specific places and in particular circumstances. Becoming aware of your patterns will help you plan the best ways to quit. It will be helpful to keep track of the cigarettes you smoke between now and your Quit Day.

Follow the guidelines below to help you determine when and why you smoke:

1. Before smoking a cigarette, make a “mental” note of the time, place and your mood.
2. Wait as long as possible before you light up. You might be surprised at how many minutes pass before you feel another urge to smoke.
3. Do not smoke “unnecessary” cigarettes. Smoke only the ones you really want.



Try to record this information in a daily log. It will help you recognize what triggers you to smoke.

<input type="checkbox"/> What time of day did you smoke the most cigarettes? _____ Morning _____ Afternoon _____ Evening _____ During Breaks	<input type="checkbox"/> What were you feeling / thinking when striking a cigarette? Did it really taste good (i.e., like a piece of chocolate)? Did it really smell good (i.e., like a rose, perfume)? _____ _____
<input type="checkbox"/> Where were you when you smoked? _____ At Home _____ At Work _____ In the Car _____	<input type="checkbox"/> How successful were you at waiting before you lit up? _____ Most of the time _____ Not very often
<input type="checkbox"/> What kind of moods/thoughts/situations caused you to light up? (i.e., anger, boredom, frustration)? _____ _____	<input type="checkbox"/> What situations made it tough to wait (i.e., important phone call)? _____ _____
<input type="checkbox"/> Did you eliminate any unnecessary cigarettes? _____ Yes _____ No	<input type="checkbox"/> Did you smoke when you felt tension or anger? _____ Yes _____ No

Once you recognize when you smoke, why you smoke and any possible barriers, you can organize a plan for quitting. Your plan should focus on the situations that trigger YOU to smoke. By knowing when these situations occur, you can avoid them or deal with them in ways other than smoking. In the following sections you will learn specific techniques to use.

# GETTING STARTED

## Section 5

### Changing Your Habits

Read this section prior to your Quit Day.

Many things in everyday life trigger a smoker to light up without even thinking about it. Reading the paper, drinking coffee, dialing the phone, driving a car and watching TV are all examples of triggers. Smoking in these situations has become a habit.

The exercises in Sections 3 and 4 helped you become aware of events that trigger you to smoke. This was the first step in overcoming the urges associated with them. The second step is changing your routine. By doing this, you can avoid the triggers that create urges for you to smoke.

For the first week or so after quitting, it is a good idea to change your routine. It is important to change the normal everyday habits in your life. This might seem like an inconvenience, but it will make quitting easier.

Listed below are a few suggestions for you to use.

#### At Home

- Sleep on the other side of the bed.
- If you smoke as soon as you wake up, stretch or drink a glass of water instead.
- Change the order of your morning routine: applying make-up, walking the dog, shaving, etc.
- Remove all smoking-related materials from your home, car, purse, clothing pockets (i.e., cigarettes, lighters, ashtrays).
- Clean your clothes, carpets and drapes to get rid of the smoky smell. Start fresh!
- Watch TV from a different chair.
- Don't carry a lighter or matches; make it difficult to smoke.

## At Home (continued)

- Keep your hands busy – iron, garden, wash dishes, play on the computer, etc.
- If you usually take a shower, take a bath instead.
- Ask your family and friends for support as you quit.
- If family members or friends smoke, ask them not to do so around you.
- Sit in a different place at breakfast, lunch or dinner.

## Commuting/Driving

- Clean out all smoking materials from the inside of your car.
- Switch cars with your spouse, especially if your spouse is a non-smoker.
- Throw out your cigarette lighter.
- Take a new route to work.
- Listen to a different radio station.
- Ride with someone who does not smoke.
- Bring a book to read while waiting for the bus.

## At Work

- Throw out all ashtrays.
- Move away from other smokers.
- Instead of taking a break with other smokers, go for a short walk with friends who do not smoke.
- Use the urge tamers/tension relievers described in Books 2, 4 and 5 when you are feeling stressed.
- Talk on the phone with the hand opposite from the one you normally use.
- Take your breaks where smoking is not allowed.

For the next few weeks it is a good idea to:

- Avoid drinks associated with smoking.
- Stay away from bars and smoke-filled areas.

# GETTING STARTED

## Section 6

### Physical Effects of Smoking

Read this section prior to your Quit Day.

There are over 4,000 ingredients in cigarettes –200 are poisons and 60 are known to cause cancer. A few of the most harmful substances are benzene, formaldehyde, ammonia, chlorine, methanol, DDT and carbon-monoxide. Nicotine is #1 on the list of the 100 most addictive drugs. Heroin is #10.

smoker becomes dependent on the nicotine in cigarettes. Nicotine is a stimulant, causing:

- Extra sugar to be released into the blood (temporary energy).
- Reduced appetite.
- Increased blood pressure and heart rate.

When the amount of nicotine begins to taper off, smokers will “come down” from their “high,” and crave another cigarette. Smokers develop a “habit” by trying to maintain the lift they feel from smoking.

Remember! For some smokers, when they become angry, hungry, upset, tired, excited, aroused, etc., they pick up a cigarette. The

cigarette becomes an emotional crutch. Quitting means replacing cigarettes with more effective ways of dealing with everyday emotions and situations that cause a smoker to reach for a cigarette.

### Beating the Addiction: Withdrawal

When you quit smoking, your body goes through changes because it is no longer exposed to nicotine. During this withdrawal, your body is cleaning house and flushing out all the toxic substances. This is why we often call withdrawal “symptoms of recovery.” Your body is recovering from its addiction.

Everyone will experience the effects of withdrawal, but in different degrees. It is important to know what these changes are, so you can prepare for them.

#### Note

Approximately 72 hours after becoming smoke-free, the nicotine will be completely out of your system.

### Increased appetite

## Symptoms of Recovery

Smoking decreases the sense of taste and smell. When you quit smoking, foods will taste and smell different. You may find food more enjoyable, and therefore may eat more. To avoid gaining weight, it is important to avoid eating high-calorie and fatty foods. Take advantage of this newly found taste, try eating raw vegetables, fresh fruits and low-fat snacks. These might not have been as appealing as chips and candy when you were smoking, but you might be pleasantly surprised at the taste of fresh fruits and vegetables now that you are smoke-free.

### Constipation

The nicotine in cigarettes stimulates the digestive system. Once you are smoke-free, your body needs to adjust to no longer having that stimulus. Drinking lots of water and fruit juice, eating a high-fiber diet and exercising can all help avoid constipation.

### Irritability

A smoker's body adjusts to the constant stimulation of the nicotine. When it is taken away, the body may temporarily be out of balance, causing anxiety and irritability. Practicing relaxation exercises, such as deep breathing and taking short walks (like a trip to the water cooler), will help relieve this temporary condition.

### Sleeplessness

Quitting smoking can produce temporary anxiety, and this can disrupt sleep patterns. Being more active during the day, reading, taking deep breaths and drinking warm nonfat milk or cocoa are simple things that may help you sleep more soundly.

### Coughing

This is a sign that your body is repairing itself. Your lungs have become clogged with mucus as a result of smoking. Coughing is your body's way of loosening the mucus and clearing it away. It should not last long!

## Craving a Cigarette

This is the most common symptom for smokers attempting to quit. **Remember, the urge will go away.** Each urge will only last a few minutes. When you feel a craving coming on, try some of the techniques covered in this book to keep yourself distracted through the urge. A few techniques to fight urges are listed below.

Anything you do to distract yourself from smoking will interrupt the urge:

- Call a friend.
- Take a warm shower.
- Do muscle relaxation exercises. Stand up. Starting with your feet and moving up to your neck, tense your muscles, then relax them. Finish with some stretching exercises.
- Take your mind off smoking. Think about something enjoyable.
- Tell yourself, "I am a strong person and I will not smoke."

Everyone has different experiences

when they quit. If you are experiencing symptoms not listed here, don't worry—talk them over with a counselor or physician.

Instead of thinking of quitting smoking as having something taken away, think of it as a new positive way to live your life.

# GETTING STARTED

## Section 7

### Urge Control Techniques

Read this section prior to your Quit Day.

When you have the urge to smoke, try some of the techniques listed below. They will help you through the urge without smoking.

#### 1. Smokeless Inhalation

- Breathe in deeply through your mouth.
- Hold your breath for five seconds.
- Breathe out slowly.
- Repeat until the urge goes away.

#### 2. Drink Lots of Liquids

Try to drink six to eight glasses of sugarless liquids a day when you are quitting. Cold glasses of water, fruit juice and herbal tea are all good beverages for replacing urges. (Avoid coffee and alcohol.) Drinking lots of liquids will also help your body flush out tar and nicotine.

#### 3. Short Walks

If your job requires you to be seated or to stand in one place for long periods of time, a short walk will help reduce the urge to smoke. This will give you a chance to clear your mind and take a few deep breaths to increase the oxygen to your brain. You will feel much better and be able to think more clearly once you return to work.

## 4. Keep Busy

During the first week, keep busy. Make a list of tasks to do at home and work that will keep your hands and mind busy.

Refer to the list when you feel an urge to smoke, when you are bored or when you are having trouble focusing on your work.

### Sample List

#### At Home:

- Wash and wax the car
- Work on a crossword puzzle
- Clean a closet or the garage
  
- Iron clothes
- Water the lawn
- Build a model plane/car/ship
- Take a walk
- Do something with your children

#### At Work:

- Organize your work-space
- Write a "to-do list"
- Play with the clip
- Take a walk

## 5. Muscle Relaxation

Often when people get tense or edgy, tightening and relaxing muscles can help.

- 1) Sit in a chair with your feet flat on the floor and your arms down by your side.
- 2) Tense your feet and calves for five seconds and release.
- 3) Do the same for the following body parts:
  - Upper legs and buttocks
  - Torso
  - Arms
  - Neck and face
- 4) Stretch your hands over your head.
- 5) Stretch from your toes all the way to your fingers.
- 6) Sit back and roll your shoulders and neck a few times.

## 6. Oral Cravings

You will find the urge to smoke goes away just by putting something in your mouth. Find substitutions for the cigarette, for example:

- Sugar-free mints
- Sugar-free gum
- Flavored toothpicks, straws, coffee stirrers

## 7. HALT Technique

You are already aware of triggers in your life that create the urge to smoke. These often occur when you are Hungry, Angry, Lonely or Tired. When you feel an urge, use the techniques listed above, as well as the stress control techniques, hunger fighters and exercises listed in Books 5 and 6.

### Note

Find a rubberband. Place the band around your wrist, snap it and take some deep breaths.

# GETTING STARTED

## Section 8

### Urge Prevention

Read this section prior to your Quit Day.

This section provides you with ways to prevent urges from occurring. Use those that you think will work for you.

#### 1. Prepare for difficult situations

Prepare yourself for how you will respond to situations where you might be tempted to smoke (i.e., when you find yourself in a smoke-filled room or when you are with family or friends who smoke).

Family and friends might not understand why you are trying to quit, and they might try to pressure you to “just take one puff,” or tell you “one cigarette won’t hurt.” But, one cigarette will hurt! It is a good idea to have a plan for times when you might be tempted to smoke. Your response to these comments might be, “No thanks, I am serious about quitting and really need your support.”

#### 2. Create a New After-Dinner Ritual

Most quitters have an urge to smoke after eating, especially after dinner. Before you get the urge to smoke, try the following:

- Leave the dinner table immediately after you are finished eating.
- Brush your teeth and use mouthwash.
- Take a short walk, do the dishes or complete a project.

### 3. Reward Yourself

A pack-a-day smoker spends about \$4 a day. This adds up over one year (\$4 x 365 days = \$1460 a year).

How much money do you spend?

- Get a large jar and fill it with the money you would normally spend on cigarettes each day.
- Make a list of things you want to buy with the money you put in the jar.
- Be sure to put in all the money you would normally spend in the jar.
- The money you save is your reward. Buy yourself tickets to the ballpark, take a mini vacation or buy some clothes.

During the first few weeks after your Quit Day, do something special for yourself every day you stay smoke-free (i.e., go to a movie, sleep in late on the weekend).

### 4. Start an Exercise Program

Exercise can be very beneficial to you in becoming smoke-free. It helps take your mind off the urge to smoke, as well as reduces stress that triggers you to smoke.

Start exercising by doing something easy, like going on short walks. Build up slowly, gradually taking longer walks and increasing the number of walks per week until you are walking four to five times weekly.

The nicotine in cigarettes causes your body to burn more calories than if you didn't smoke. Once you quit smoking you can burn the same number of calories by walking 20 minutes per day.

To learn more about exercise, read Book 7: "You Can Do Anything: Being Active."

\* Consult your health care provider before beginning an exercise program.



# GETTING STARTED

## Section 9

### Quit Day Schedule

Get ready for your Quit Day! Tomorrow you will be smoke-free!

Plan your Quit Day before it arrives. This will help you avoid situations that could trigger you to smoke. Be sure that you have prepared for your Quit Day by throwing out all smoking-related materials. Anticipate urges that may occur and prepare for how you will overcome them. Below is an example of a Quit Day Plan.

#### Sample Quit Day Schedule

6:00 a.m. Get up and take a bath, instead of a shower.	1:00 p.m. Review reasons for quitting on the "Why I Quit" card.
7:00 a.m. Prepare a special breakfast of whole wheat toast and freshly squeezed orange juice.	2:00 p.m. Play with Urge-Tamer clip while making phone calls.
8:00 a.m. Arrive at work and organize work area with urge tamers (clip, wristband, gum and toothpicks).	3:00 p.m. Work
9:00 a.m. Go to a meeting/start working. Bring breath mints and a jug of water.	4:00 p.m. Take 10 minutes to do muscle relaxation exercises.
10:00 a.m. Coffee break – try a new decaffeinated tea.	5:00 p.m. Take different route home.
11:00 a.m. Suck on a cinnamon stick while working.	6:00 p.m. Help prepare "Victory Dinner."
12:00 p.m. Go on a 20- to 30-minute walk with a non-smoking co-worker or friend; stop for a sandwich on the way back.	7:00 p.m. Sit at different end of the table.
	8:00 p.m. Perform after-dinner routine and help with dishes.
	9:00 p.m. Review benefits of quitting smoking before going to bed.

Plan your Quit Day.  
If you find writing an action plan is helpful, use the schedule below.

## Quit Day Schedule

6:00 a.m.

3:00 p.m.

7:00 a.m.

4:00 p.m.

8:00 a.m.

5:00 p.m.

9:00 a.m.

6:00 p.m.

10:00 a.m.

7:00 p.m.

11:00 a.m.

8:00 p.m.

12:00 p.m.

9:00 p.m.

1:00 p.m.

10:00 p.m.

2:00 p.m.

11:00 p.m.

START READING BOOK 3  
ON YOUR QUIT DAY.



# STOP SMOKING CONTRACT

I \_\_\_\_\_  
(your name) HEREBY PROMISE NOT TO SMOKE AGAIN FROM  
\_\_\_\_\_ ON. I WILL CALL SOMEONE WHO WILL ENCOURAGE ME TO  
(date)  
FIND OTHER TOOLS BESIDES A CIGARETTE. I AM FULLY RESPONSIBLE FOR THIS DECISION AND AWARE THAT MY COMMITMENT TO THIS CHANGE IS OF PRIMARY IMPORTANCE.

DATE \_\_\_\_\_ SIGNED \_\_\_\_\_

CO-SIGNED \_\_\_\_\_

EMERGENCY LIST OF THINGS I CAN DO INSTEAD OF SMOKING:

1: GO FOR A WALK

6:

2: DRINK WATER

7:

3:

8:

4:

9:

5:

10: