

PREPARATION FOR QUITTING WORK SHEET

1. Review and sign contract

2. Physical Preparation

Plan to discard cigarettes

Clean out car

Eliminate ashtrays

Other

Organize survival kit

Oral substitutes

Sugarless gum, carrots, apples, fire balls

List others:

Keep your hands busy

Rubber band, paper clip, pencil, puzzle

List others:

3. Mental Preparation

Plan your day

Change your routine

Rewards

4. Review Coping Techniques

5. Review Withdrawal Symptoms
