

Smokers: How to Double Your Quitting Power

What will give you the power to quit smoking? Think of basketball. Which of the two teams below have the winning edge?

1. The team that has learned good techniques, practices each day, and plays hard.
2. The team that plays hard but neither has learned good techniques or practices

Most smokers who have tried to quit before look like Team 2. They try hard but never learned the secrets of good techniques. Now, you can learn good technique, practice, and join the winning team. Pick your quit date and tell your friends. You will quit for life.

The Best Techniques for Quitting Smoking

This poster gives you the best technique for breaking your habit. Read it over. Put the poster where you will see it often each day. Try your refrigerator, bathroom, or bedroom.

For now, notice when and where you smoke. Where are the tempting places, people, and times? After you quit, avoid all the tempting situations that you can.

When you quit, use Stop-Think-Act when each urge to smoke begins. Don't worry about what action you take, just do something. If one thing does not work, try something else. Keep busy with something. The urge will fade soon. You'll be in control. Tell yourself you did a good job.

Make a list of things you will do instead of smoking. You might include sipping water, chewing sugarless gum or ice, or eating fruit or light snacks. Try to avoid sweets and high-fat foods. To keep your hands busy, try playing with a coin, paper clip, or pen. Doodle while you're on the phone. You can also move around, walk away, talk to helpful friends, or breath deeply. Pick the ones you will do and that will work for you.

Reward yourself each of the first 3 days off smoking. The reward can be simple. You could relax and listen to music, call a friend, or have food you like. Do something nice for yourself. It will help keep you going.

If You Smoke a Cigarette, Regain Control

Learn from the slip. Ask yourself:

- What happened that made me want to smoke?
- What will I do the next time?

You were in a tough situation. Forgive yourself and forget it. You just need some more practice.

Think of your reasons you wanted to quit, then try again. Sometimes it takes more than one try to stop for good. Keep trying.

HOW TO DOUBLE YOUR QUTTING POWER

When You Feel an Urge to Smoke...



SAY STOP! →
ACT:



Of why I want to quit.
I can wait out the urge.



THINK: →

Sip, eat chew
Keep hands busy
Move/get up
Talk to a friend
Sigh, yawn, or breathe deeply

1. Learn How to Beat the Urge to Smoke

- Avoid tempting situations, where you can.
- Do something else instead of smoking.

2. Practice Stop-Think-Act Each Day for 1 Week: Start Today

- Postpone smoking some cigarettes each day for 15 minutes.
- Rehearse Stop-Think-Act in your head and with smoking urges.

3. Throw Out Your Cigarettes the Night Before Quit Day

- Toss your matches, lighters, and ashtrays, too.

4. It's Quit Day Morning. You're a New Nonsmoker!

- Reward yourself each day and then each week. Be good to yourself.
- Avoid boredom, conflict, alcohol, and those who smoke in front of you.

5. If You Start Smoking Again, Regain Control!

- Learn from the slip, then forget it. Keep trying and you will...

...QUIT AND BE FREE!