

STAYING QUIT

Always remember that **quitting smoking is a process**. You do not magically become a nonsmoker overnight. It takes weeks and months of “**practice**”—just like the weeks and months of “practice” it took to become a smoker. And remember **you were a nonsmoker** first! You can be again.

There will be ups and downs during this process. We are not saying this to discourage you but rather to help you prepare. If you have realistic expectations and are prepared for difficult situations, you **can** realize your goal. You can be **free of cigarettes**—permanently.

MANAGING YOUR CRAVINGS

If you have been having cravings to smoke, try to analyze them just as you did when you kept your pack wraps.

- When do they occur?
- With whom?
- What am I thinking/doing when I get the craving?
- How do I feel?
- Can I handle the situation differently?
- Am I using my coping skills?

The most important question: Is this craving weakening my confidence?

It is normal to have cravings—some strong, some weak, some brief, some lasting a few minutes. **But** if the cravings are threatening your efforts to stay smoke-free, you **must** call us. Or call your support person. **DO NOT STAY ISOLATED.**

“LETTING GO” OF CIGARETTES: SAY GOODBYE

There *will* come a time when a whole day goes by and you don’t think about cigarettes. That day will come sooner if you mentally “**LET GO**” of cigarettes. This is a big step, but once taken, all the pieces will fall into place.

“Losing” your cigarettes is a very significant event. It may require some **grieving** on your part. This is normal. After some time, it will get easier.

Think back to other losses in your life. What helped you get through them [*other* than cigarettes]? Use the same positive coping skills.



HOW TO COPE WITH SLIP-UPS

If you happen to slip, don't give up! Follow these steps to get back on track:

- 1st. **Throw out** any cigarettes you still have.
- 2nd. Think: "a slip is only a **temporary** setback, not a failure."
- 3rd. **Review** what happened as soon as possible with us or your support person.
- 4th. **Plan** a new approach to the situation that tripped you up.
- 5th. **Get back on track.** Stay quit. You have come too far to throw it all away now and start smoking again. You may want *one* but you don't want 20!

RECOGNIZING DEPRESSION

Sometimes problems that seem like nicotine withdrawal symptoms—sleep disturbance, trouble concentrating, irritability—can continue beyond the time withdrawal symptoms should last (as long as 4 weeks). These may be symptoms of **depression**.

Symptoms of depression may be similar to symptoms of withdrawal from nicotine, and may be easy to confuse. But they have a different cause, and thus a different treatment.

For some people, depression may be caused by quitting smoking. For people who already are depressed or have been depressed in the past, quitting smoking may make symptoms worse. It is important to recognize this so that you do not go back to smoking in order to make yourself feel better.

Further help may be needed. If think you are experiencing symptoms of depression, **call your doctor** or your quit smoking counselor.

STAYING QUIT: COPING WITH DIFFICULT SITUATIONS

Below are situations/thoughts/feelings that can create bumps along the road to being smoke-free. If you find yourself in one or more of these situations, remember your coping skills and

STOP, THINK and ACT.

Problem 1: The Party Situation

*Fifty percent of smoking relapses occur in a social situation, with **alcohol** and **around other smokers**. This does not mean you can never go to a party again. It does mean you must **plan** how you will handle a craving if it occurs.*

Solution: “ACE” = AVOID, CHANGE, or ESCAPE

One way to prepare is to **role-play** in your mind or with a friend the scenarios you are likely to encounter. You might handle situations by falling back to your basic coping skills—**avoid, change, escape**. For example, you can go to the rest room, avoid conversations with smokers, or call up your rote response [e.g., “I don’t do that anymore”] that you have used in the past.

My coping technique will be to _____.

Problem 2: Rationalization

You may think, “One won’t hurt,” or “I can have just one,” or “I’ve been so good,” or “I deserve one.”

Solution:

- **STOP THE THOUGHT**
- **TAKE A DEEP BREATH**
- **Think, “ONE IS NOT AN OPTION.”**

“I need one after _____. I deserve it.”

If I hear myself saying this I will _____.

Problem 3: The Crisis Situation

In the past, cigarettes were the trusty friend that helped you get through tough times. But now, they’re not there for you to fall back on. What do you do?

Solution: GOOD PLANNING.

Ask yourself, “What is the worst thing that could happen in this situation?”
and **“IS HAVING A CIGARETTE GOING TO CHANGE THE SITUATION?”**

Some crises can't be anticipated. But other situations can be the result of poor planning. If you have crises daily, you may need to more closely examine how you plan your day.

“If I have a cigarette, I will cope with _____ better.”

If I hear myself saying this, I will _____.

Some easy-to-use **time management** and **stress management** techniques have been included in your handouts and booklets.

Problem 4: Nostalgia

You can't remember what was so bad about smoking those cigarettes—only what you liked about them.

Solution: Think, “WHAT ARE THE GOOD THINGS I’VE GAINED BY NOT SMOKING?”

You may think, “I really enjoyed _____ so much more when I was smoking.”

In these situations I will say to myself: _____.

Problem 5: Celebration/“Reward”

Again, like a trusty friend, cigarettes have been there for you in bad times and in good. But now you aren't treating yourself with a cigarette anymore. What do you do?

Solution: STOP, THINK, and ACT. Remember, if you hear yourself thinking or talking about rewarding yourself or celebrating with a cigarette, use your STOP, THINK AND ACT sequence to get yourself out of it.

You may think, “How can I reward myself without a cigarette?”

Here's how: "I can _____."

Or, “I’LL CALL A FRIEND AND TELL THEM ABOUT MY ACCOMPLISHMENT.”

SUMMARY OF TIPS TO PREVENT RELAPSE

- STOP THE THOUGHT – **STOP THINK ACT**
- **ACE (AVOID CHANGE ESCAPE)**
- TAKE A DEEP BREATH – (the “**4 D’s**”)
- WHAT IS THE WORST THING THAT COULD HAPPEN IN THIS SITUATION? (crisis)
- Ask yourself: “IS HAVING A CIGARETTE GOING TO CHANGE THE SITUATION?”
- WHAT ARE THE GOOD THINGS I’VE GAINED BY NOT SMOKING? [nostalgia]
- I MAY WANT ONE CIGARETTE, BUT I DON’T WANT 20! [rationalization]

Now go for a walk, chew some gum, and calculate how much you have [will] save by not going back to smoking.

I will save \$_____ in three months.

I will save \$_____ in one year.

