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