

ROUTINES

BREAKING THE CIGARETTE LINK

Each time you smoke a cigarette, you unconsciously link the cigarette with whatever else you are doing — such as talking on the telephone, sitting at the table after a meal, having a cup of coffee, or reading a book.

After smoking for years and years, these links become very strong. Simply picking up the telephone, finishing a meal, reaching for the coffee pot, or opening a book may make you feel like you want to smoke.

Breaking these links is a very important part of quitting smoking! The good news is that you do not have to change your life forever, or even for a long time, to successfully break these links. Changing your schedule for just two or three weeks can do it.

It is important that you change as many of the situations as possible that link your life to cigarettes!

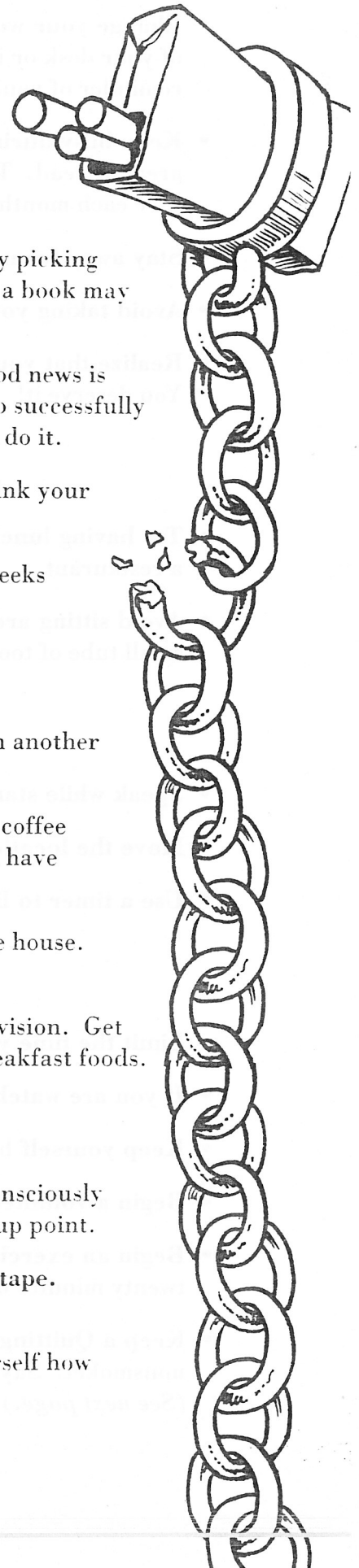
Here are some specific times of your day, and what you can do for a few weeks (or longer if you like!) during those times to break the cigarette link:

IN THE MORNING

- **As soon as you get up**, tell yourself how exciting it will be to go through another day without cigarettes.
- **Change the order of your morning routine.** If you usually have your coffee before you shower, shower first. If you usually shave before breakfast, have breakfast first, etc.
- **Change where you do things.** Have breakfast in a different part of the house. Get dressed in a different room.
- **Change what you do.** Listen to the radio instead of turning on the television. Get up ten minutes earlier, or later. Eat a smaller breakfast, or try new breakfast foods.

IN THE CAR

- **Choose a slightly different route for routine trips.** Many people unconsciously light a cigarette at the same stop sign, traffic light, or daily traffic backup point.
- **Listen to a talk radio station, a book-on-tape, or a positive thinking tape.** This will help keep your mind occupied.
- **If an urge to smoke does hit you**, take a deep breath and remind yourself how happy you are to be a nonsmoker.
- **Remove cigarettes from your car, and clean out the ashtrays.**



AT WORK

- **Change your work environment as much as you can.** Change the placement of items on top of your desk or in your work station. Put up motivational notes or a No Smoking sign as a reminder of your commitment.
- **Keep busy during breaks.** Do puzzles or word games, plan activities, straighten up your work area, or read. Take a walk if you can. Make a list of the things you'll do with the money you'll save each month by not smoking!
- **Stay away from the smoking room or area.**
- **Avoid taking your breaks at the same time as your smoking friends.**
- **Realize that you do not need a cigarette or anything else as an excuse to take a break.** You deserve it!

AT LUNCHTIME

- **Try having lunch with nonsmoking coworkers** in the nonsmoking section of the dining room or a restaurant.
- **Avoid sitting around the table after a meal.** Get up and brush your teeth if possible. Carry a small tube of toothpaste and a toothbrush with you at all times.

ON THE TELEPHONE

- **Speak while standing instead of sitting.**
- **Move the location of your telephone if you can.**
- **Use a timer to limit the length of your telephone calls.**

IN THE EVENING

- **Limit the time you spend at home "doing nothing."**
- **If you are watching television, do crossword puzzles or read a magazine at the same time.**
- **Keep yourself busy.** Do the projects you have been putting off.
- **Begin a volunteer position or a hobby.**
- **Begin an exercise program after consulting your doctor.** Walking briskly each night for twenty minutes or so may be a good way to start.
- **Keep a Quitting Calendar.** Each night before you go to bed, mark off another day of being a nonsmoker. Say to yourself, "I'm proud that I made it through another day without smoking!"
(See next page.)