

CONGRATULATIONS

...YOU'VE DECIDED TO QUIT!

Good for you...you've taken that first big step.

Now what?

1. Set a quit date — one that is within the next two weeks. It is important to make a commitment to quit, and the best way to do that now is to pick an actual date for quitting and to stick with it. Write your quit date here: _____

2. Then, refer to the accompanying handouts. They were designed by the University of Pittsburgh National Smoking Cessation Specialist Certification Program and provided to you by your pharmacist.

Here is an overview of the handouts and how each will help you in your effort to quit smoking:

- **COUNTDOWN TO QUITTING** has valuable information you can use to prepare for your actual quit date. Use this handout to learn more about your smoking habit and to get ready to begin your new smoke-free life.
- **A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT** is for you to complete and give to your support person, so he or she knows what kinds of help you will need as you go through the quitting process.
- **NICOTINE REPLACEMENT** is for you to review with your pharmacist, as you decide which product will work best for you.
- **PREVENTING TEMPTATIONS: BEING PREPARED** is packed with tips that will

help you to temporarily change the daily habits that link your life to cigarettes.

- **COPING WITH TEMPTATIONS: BEING STRONG** will give you plenty of good ideas about what to do when you feel an urge to smoke.

- **SNUFFING THE URGE TO SMOKE** is a handy reference to new coping techniques.

3. Other specialized handouts are also available from your pharmacist. These deal with specific situations that many new nonsmokers find to be troublesome. Feel free to ask your pharmacist for any or all of these handouts:

STRESS MANAGEMENT
WEIGHT MANAGEMENT
WITHDRAWAL SYMPTOMS
ROUTINES
MEALS AND COFFEE
ALCOHOL AND SOCIALIZING
BEING AROUND SMOKERS

4. Remember, your pharmacist has been specially trained in smoking cessation counseling and is there for you whenever you need help. *Just ask.*

5. Finally, always keep a positive attitude. *You can do it!*

COUNTDOWN TO QUITTING

You've made the decision to quit. *Good for you!*

Here are some suggestions on what to do to get ready.

- The first step in preparing to quit is to set a quit date. Choose a date within the next two weeks.
- Use the time between now and your quit date to learn as much as you can about your smoking habit and routines. Once you have quit, this information will help you to stay smoke-free. By understanding when and where you are most likely to smoke, you will be better prepared for how you will feel when you quit, and you will know what kinds of situations to try to avoid.
- Try one of these suggestions for the next three days:

Pay attention to every cigarette you smoke. Where are you? What are you doing? What are you feeling? Then think back over the three days to see the patterns to your smoking.

Before you smoke each cigarette, ask yourself: "Do I really want this cigarette?" If you do, then smoke it. If not, just put it back until you really want it. Think back over the three days. Where do you smoke the most?

Now, list below the three situations where you found you most wanted to smoke:

1. _____
2. _____
3. _____

Which three cigarettes of the day would probably be the easiest to give up?

1. _____
2. _____
3. _____

10

9

8

7

6

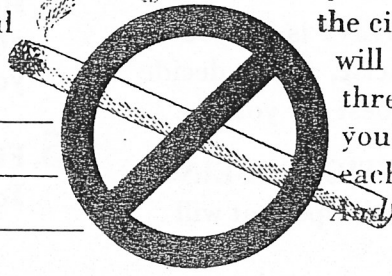
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4

3

2

1



- To successfully quit smoking, you must be aware of the situations where you are now most likely to smoke. You must be ready, for a couple of weeks at least, to change your routines and avoid those "trouble" situations. And when you do find yourself in one of those situations anyway, you must be prepared to change what you do and how you think so that you do not reach for a cigarette.
- Look back at the three situations where you most wanted to smoke. Decide now how you can avoid those three situations. And if you find yourself in one of them anyway, decide how you can handle it without smoking.

I can avoid Situation 1 by _____

I can handle Situation 1 by _____

I can avoid Situation 2 by _____

I can handle Situation 2 by _____

I can avoid Situation 3 by _____

I can handle Situation 3 by _____

Quitting smoking is something that you must actively do; it is not something that will just magically happen once you finish the cigarette that you have decided will be your last. During the two to three weeks after your quit date, you will be actively quitting smoking each day, all day. Yes, it's work. *And yes, it will be worth it!*