

# Fears About Quitting

When it comes to quitting smoking, many people put it off for years because they are afraid. The three fears of quitting are fear of the unknown, fear of pain and fear of failure.

## 1. Fear of the unknown

"What will my life be like as a nonsmoker? Will I be happy? What will I do when I'm lonely, stressed out or at a party?" It's hard to imagine life without cigarettes.

## 2. Fear of pain

Quitting smoking can be uncomfortable for you and the people around you. You may be cranky, nervous, tired, angry or sad.



## 3. Fear of failure

Quitting means no more cigarettes. You might think, "I'll never make it."

It's OK to feel afraid when you are making a big change in your life. **Quitting smoking is a BIG CHANGE.**

Here's what to do with your fear:

- Think of fear as extra energy to help you stay focused on quitting,
- Take it one day at a time. Don't look ahead and don't look back. Instead, take today, or better yet, take the moment you are in right now and do the best you can with it.
- Ask your friends for help and support. Ask them to try and understand what you are going through now.
- Look for spiritual guidance. Say a prayer or meditate.
- Think positive thoughts. You have nothing to be afraid of. Quitting smoking will be the best thing you have ever done for yourself!

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# What Kind of Smoker Are You?

**W**hat is it you get out of smoking? What does it do for you? The smoking triggers quiz will help you identify why you smoke and what kind of satisfaction you get from smoking. Please circle one number for each statement. When you are finished, go to the next page for scoring instructions.

	Always	Frequently	Occasionally	Seldom	
A. I smoke to keep myself from slowing down.	5	4	3	2	<input type="text"/>
B. Handling a cigarette is part of the enjoyment of smoking.	5	4	3	2	<input type="text"/>
C. Smoking is relaxing and pleasant.	5	4	3	2	<input type="text"/>
D. I light up when I feel angry.	5	4	3	2	<input type="text"/>
E. When I run out of cigarettes, I find it almost unbearable.	5	4	3	2	<input type="text"/>
F. I smoke automatically without being aware of it.	5	4	3	2	<input type="text"/>
G. I smoke to stimulate, or perk myself up.	5	4	3	2	<input type="text"/>
H. Part of the enjoyment of smoking comes from the steps I take to light up.	5	4	3	2	<input type="text"/>
I. I find smoking pleasurable.	5	4	3	2	<input type="text"/>
J. I light up when I feel uncomfortable or upset.	5	4	3	2	<input type="text"/>
K. I am very much aware of when I am not smoking.	5	4	3	2	<input type="text"/>
L. I light up without realizing I still have one burning in the ashtray.	5	4	3	2	<input type="text"/>
M. I smoke to give me a "lift."	5	4	3	2	<input type="text"/>
N. When I smoke, part of the enjoyment is watching the smoke as I exhale.	5	4	3	2	<input type="text"/>
O. I want to smoke when I am relaxed and comfortable.	5	4	3	2	<input type="text"/>
P. When I feel "blue" or want to take my mind off my cares and worries, I smoke.	5	4	3	2	<input type="text"/>
Q. I get a real hunger for a cigarette when I haven't smoked in a while.	5	4	3	2	<input type="text"/>
R. I've found a cigarette in my mouth and didn't remember putting it there.	5	4	3	2	<input type="text"/>



# Practice Being a Nonsmoker

Last week we learned what your smoking patterns and triggers were by doing Pack Charts.

This week, we will use that information to practice being a nonsmoker. Here are two tips that really work:

## MESS IT UP!

## SAY "YES!"

It's time to kick your smoking habit out of its comfort zone, and "mess it up" any way and every way you can.

### Mess It Up!

1. Never smoke when you get the urge. Wait five minutes.
2. Keep cigarettes out of reach so that it's inconvenient to get to them.
3. Only buy one pack at a time. Don't have a backup pack.
4. Cut down on places you smoke. Tell yourself you can no longer smoke in the kitchen, bedroom or car.
5. Switch to a lower tar and nicotine brand.
6. Don't smoke whole cigarettes. Smoke half and then put it out.
7. Inhale smaller drags.
8. Start smoking later every day.
9. Smoke fewer cigarettes every day.

Trigger	Instead of smoking I will...	Other ideas...
With coffee	Read the paper	
After meals	Do the dishes or brush my teeth	
Talking on the phone	Doodle on a piece of paper	
Driving the car	Sing along with the radio	



# The 6 "Ds"

The 6 "Ds" are tips that quitters say helped them a lot. They are:

1. **DEEP** breathe
2. **DRINK** a lot of water
3. **DISTRACT** yourself
4. **DIAL** a friend
5. **DELAY**
6. **DO** physical exercise

## 1. Deep breathe

Take sets of 4 deep breaths throughout the day. Breathe in through your nose and out through your mouth.

## 2. Drink a lot of water

Drinking water flushes poisons from your body. Drinking water makes you feel full, so you'll be less likely to overeat, and water quiets the body's hunger for cigarettes.

## 3. Distract yourself

Keep busy. Go for a walk, write a letter, play a video game, or read a book. When you don't smoke, you have more free time, so plan some activities.

## 4. Dial a friend

Talking is good medicine. Call a friend and talk about your struggles and your victories.

## 5. Delay

Wait it out and go with the flow. Cravings last about 1 - 3 minutes. The craving will pass whether you smoke or not.



## 6. Do physical exercise

Exercise helps your lungs and body clean themselves from smoking. Physical activity will raise your metabolism, and help keep you from gaining weight. Exercise will give you a "natural high," and is a great way to reduce your stress.



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