



# Topics for Discussion



**SETON  
HEALTH**

*Center for Smoking Cessation*

## The Butt Stops Here Contract

Today \_\_\_\_\_ is my quit day.  
(today's date)

I, \_\_\_\_\_ am committed to quitting smoking.  
(your name here)

For me, smoking is no longer an option. I am making a promise to myself  
and this group that I will not smoke after my quit day.

THE BUTT STOPS HERE!

If I am tempted to smoke, I will call a friend, use the tools in this workbook or  
listen to the CD/tape.

\_\_\_\_\_  
Your signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness signature

\_\_\_\_\_  
Date

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THE BUTT STOPS HERE

## Finding Your "Triggers"

**A**fter all that practice, smoking became more than a habit. It became automatic. In fact, it became so automatic that you started to light up without even thinking about it. There are activities in every smoker's day that "trigger" them to light up a cigarette. For example, some people say that talking on the phone is a "trigger" for them to smoke. For others, it's having a cup of coffee.

What are some of your smoking triggers?

[illegible]

It takes the average person about 3 weeks to break a bad habit, so the time to start is NOW!

## Learn Your Patterns

We all have patterns that we follow when it comes to smoking. On the next pages, you'll find **Pack Charts**. Pack Charts help you keep track of your smoking triggers and behaviors. Doing this exercise will help you understand what your personal smoking triggers are. Be sure you always have a Pack Chart and a pen or pencil with you. Whenever you smoke a cigarette, fill in the chart. For each cigarette, write down the time of day, how much you want to smoke and what you are doing when the urge hits. Do this exercise for at least four days, including one weekend day.

[illegible]

# Pack Charts

	TIME	Date:	SITUATION	DESIRE (1 - 5)
1				1 2 3 4 5
2				1 2 3 4 5
3				1 2 3 4 5
4				1 2 3 4 5
5				1 2 3 4 5
6				1 2 3 4 5
7				1 2 3 4 5
8				1 2 3 4 5
9				1 2 3 4 5
10				1 2 3 4 5

	TIME	Date:	SITUATION	DESIRE (1 - 5)
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# Health Effects

Smoking can harm you in many ways. Here are some of the ways smoking damages your body. If you continue to smoke, you could develop:

- Lung cancer
- Throat/mouth/tongue cancer
- More wrinkles
- Impotence
- Fertility problems
- Emphysema
- More colds and upper respiratory infections
- Stroke
- Heart attack
- Stomach ulcers
- Cough
- Shortness of breath
- Circulatory problems (cold hands and feet)
- Poor night vision

## A non-smoker has:

- More energy and can breathe easier
- No more smoker's cough
- Fewer colds and less chest infections
- Fresher breath, hair and clothes
- Whiter teeth
- Fewer wrinkles at a younger age
- Fingers that are not stained
- Lower risk for heart disease
- Lower risk for lung cancer
- Lower risk of having a small, sick, premature baby
- A better chance of having a long, full, healthy life
- More self-confidence
- Less stress
- Freedom

*Smoking kills more  
Americans every year  
than AIDS, drugs, car  
accidents, suicides,  
homicides, and  
alcohol COMBINED!*

# THE BUTT STOPS HERE

## What Kind of Smoker Are You?

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

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## Your Quiz Score

To score your quiz, enter the number that corresponds with your response to questions A through R on the lines provided. Add the three scores in each row to get your totals.

Questions					Totals	
<hr/>			<hr/>		<hr/>	
A	+	G	+	M	=	_____ Stimulation
<hr/>			<hr/>		<hr/>	
B	+	H	+	N	=	_____ Handling
<hr/>			<hr/>		<hr/>	
C	+	I	+	O	=	_____ Pleasurable Relaxation
<hr/>			<hr/>		<hr/>	
D	+	J	+	P	=	_____ Crutch - Tension reduction
<hr/>			<hr/>		<hr/>	
E	+	K	+	Q	=	_____ Craving - psychological addiction
<hr/>			<hr/>		<hr/>	
F	+	L	+	R	=	_____ Habit

A score of 11 or higher in any category triggers your need to smoke. Suggestions to help you quit:

### Stimulation:

You need to find a substitute that will give you a lift. Exercise is helpful, such as walking, jogging or an aerobics class.

### Handling:

Keep your hands busy by holding other things like a pencil, pen, swizzle stick, stress ball, etc.

### Pleasure/Relaxation:

Find other ways to relax. Listen to music, go for a walk, write, do yoga, etc.

### Crutch - Tension reduction:

Cigarettes don't have the ability to solve your problems. Don't smoke the next time you feel stressed out. Start handling stressful moments without relying on cigarettes. You need to know that you really can handle it.

### Craving - psychological addiction:

For those who have a high score in this category, quitting is very difficult. In fact, this difficulty can become a fool -- you won't want to ever have to quit again.

### Habit:

Mess it up! Keep cigarettes out of sight, smoke only in certain places, drink a lot of water.

(Adapted from the National Cancer Institute, NH Publication No. 93-1622)

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# Common Pitfalls of New Nonsmokers

## Impatience

*"I want what I want, and I want it right now!"*

You want to forget about quitting smoking and get past the rough parts, right now. Impatience is a trap. You can't hurry this process, but you can do things that help. If you find yourself becoming impatient:

- Remind yourself how long you've smoked.
- Remember that your body is healing from cigarettes and that takes time.
- Think about the many benefits of quitting.
- Reward yourself for all your hard work.

## Depression

Feeling a little blue is normal during the first few weeks of quitting. Try to distract yourself with some fun activities you really enjoy. If your depression feels too intense, or lasts longer than a few weeks, talk to your doctor. There may be some help available through counseling or medication.

## The "Pity Party"

*"Why do I have to quit smoking?" or "No one else has it this tough."*

A little self-pity is actually comforting, but too much is a shortcut to relapse.

- Limit self-pity to ten minutes a day.
- Remember that quitting is your decision. You want to do this because of your health, family, children, guilt, embarrassment, etc.
- Talk to others who have quit and ask them what made quitting worthwhile.

## Overconfidence

*"I've got this licked. I don't even want a cigarette. I tried one and it didn't even taste good."*

Becoming overconfident is very dangerous. Cigarette smoking is a powerful addiction, and the minute you forget, it will remind you.

- Be humble - you are one cigarette away from smoking again.
- Be grateful for each smoke-free day.

## Irritability

It's normal to be cranky right after you quit. But taking out your anger on coworkers, friends, or loved ones can spell trouble. Someone may offer you a cigarette to help you calm down, or you may feel guilty over something you said and want to smoke. If you feel irritable:

- Try to get some extra rest.
- Exercise.
- Remember that this is a withdrawal symptom that will pass in time.

*There is no such thing as  
"just one cigarette."*

*One is a million.*

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# Oops! I slipped!

**D**on't slip. If you do, get right back on track as soon as possible. The most important part of a slip is what you do about it. How to handle a slip:

- Quit again immediately
- Get rid of all cigarettes
- Call a friend to help you
- Change your surroundings and leave the situation
- Take a brisk walk
- Read your list of reasons for not smoking

## Think!

Ask yourself:

What happened that led to the slip? What was going on? Where was I? What thoughts were going through my head?

## Analyze the situation

How did it feel to take those few puffs?\_\_\_\_\_

Was it what you thought it was going to be?\_\_\_\_\_

Did it help?\_\_\_\_\_

Did it make the problem go away?\_\_\_\_\_

Did you try any other way to help yourself cope?\_\_\_\_\_

How will you handle this the next time?\_\_\_\_\_

## Don't feel guilty!

People make mistakes.

A slip is a slip, not a total collapse.

Take a slip seriously; learn what you can about how it happened and go forward a little bit wiser.

*Within every problem,  
there is a lesson.  
Release the problem,  
and embrace the lesson.*

# THE BUTT STOPS HERE

# Fears About Quitting

**W**hen 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!

## 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 BUTT STOPS HERE

# Practice Being a Nonsmoker

## 2. Say "YES!"

When you tell yourself "YES," you feel good about giving yourself permission to do something that's going to please you. When you tell yourself "NO," you've given yourself a "bad" message. It doesn't feel good. When you get the urge to smoke, instead of saying "NO!" to a cigarette, say "YES!" to a positive substitute.

Give yourself a reward for not smoking, and say "YES!" to a:

- Lollipop
- Swizzle stick
- Mint
- Plastic cigarette
- Hard candy
- Plastic straw
- Toothpick
- Licorice
- Stick of gum

Saying "YES!" to a positive alternative feels a lot better than saying "NO."

Other substitutes you can use:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## 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.



# Quit Calendar

MY QUIT DAY IS

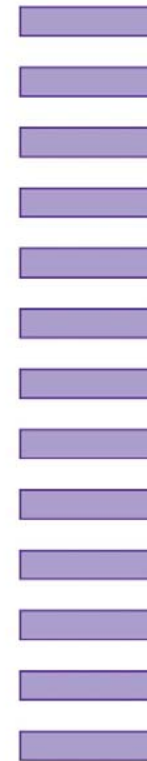
\_\_\_\_\_, 20\_\_\_\_

**F** or the next 30 days, proudly mark each calendar day that you do not smoke.



QUIT DAY

FREEDOM DAYS



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## Chemicals Identified in Tobacco Products

There are over 4,000 chemicals in tobacco products. Forty-three are known to cause cancer, and at least 400 are poisonous. Here is a sample:

Carbon Monoxide  
Acetone  
Arsenic  
Butane  
Carbon Dioxide  
Formaldehyde  
Cholesterol  
Hydrogen Cyanide  
Butyrolactone  
Hydrazine  
Ammonia  
Turpentine  
Methylemine  
Nitrogen Oxides  
Cadmium  
Benzene  
Nickel  
Lead  
Polonium-210  
Naphthalene  
Pyridine



Formic Acid  
Acetic Acid  
Glycolic Acid  
Phosphorous  
Xylene  
Nicotine

**All tobacco contains nicotine,  
an addictive chemical.**



*Cigarette  
smoke  
contains a  
radioactive  
element,  
polonium,  
that is  
inhaled into  
the lungs.*

*Someone who  
smokes a  
pack and a  
half a day  
gets a daily  
dose of  
radiation  
equal to four  
chest x-rays.*

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# THE BUTT STOPS HERE

# Medications

PRODUCT	BENEFITS	DRAWBACKS
<b>Nicotine Patches</b>	Convenient, easy to use Applied once a day Few side effects Need no prescription	Skin irritation Nicotine is slow getting into the body Abnormal dreams
Nicotine patches stick to the skin and give you a steady dose of nicotine all day. The patches come in three strengths: 21 mg., 14 mg. and 7 mg. and are worn for different lengths of time (16-24 hours). The recommended treatment time for patches is ten weeks using a "step-down" dose.		
<b>Nicotine Gum</b>	Convenient, easy to use Fairly quick nicotine delivery Flexible dosing	Can't use with dental problems Unpleasant taste Can cause nausea if not used correctly
Nicotine gum is chewed 2 - 3 times, and then you leave it between your cheek and gum. Nicotine is absorbed through the cheek and enters your bloodstream in minutes. The gum comes in two strengths, 2 mg and 4 mg. It comes in regular, orange and mint flavors. The recommended daily dose is 10 - 15 pieces per day.		
<b>Lozenges</b>	Convenient, easy to use Fairly quick nicotine delivery Flexible dosing	Mouth soreness, hiccups, dyspepsia and jaw ache (usually mild and transient).
2 mg. lozenges for smokers who smoke their first cigarette more than 30 minutes after awakening. 4mg. lozenges for smokers who smoke within 30 minutes of awakening. Maximum dose: 20 a day. Lozenge should dissolve in mouth, refrain from chewing.		
<b>Nicotine Nasal Spray</b>	Flexible dosing Delivers nicotine quickly Reduces cravings in minutes	Nasal irritation, sneezing, coughing Need to use often to maintain nicotine level Needs a prescription
Nicotine nasal spray is squirted into each nostril once or twice each hour, where the nicotine is absorbed through the nose.		
<b>Nicotine Inhalers</b>	Hand-to-mouth oral substitute Few side effects Quick nicotine delivery	Need to use often to maintain nicotine level Throat and mouth irritation Needs prescription
Nicotine inhalers are plastic tubes that look like a cigarette and is absorbed through the cheek. Your doctor will adjust the dosage as you taper off.		
<b>Varenicline (Chantix)</b>	New prescription medicine, approved by the FDA in May 2006 to help adults quit smoking	Nausea, constipation, gas, vomiting, headache, abnormal dreams.
0.5 mg/day (days 1-3), 0.5 mg/twice a day, (days 4-7) 1mg/twice a day (8+) Maximum dose: 2 mg/day. Treatment duration 12 weeks. Not recommended for children under 18 years of age.		
<b>Bupropion (Zyban)</b>	Convenient to use Can be used with nicotine patch Few side effects	Not for people with seizure or eating disorders Dry mouth and insomnia Needs prescription
Bupropion is a medication that contains no nicotine and should be started 7 - 10 days before you quit. It works by acting in the brain the way nicotine does.		
<b>WARNING: You must quit smoking completely before using any nicotine medication product. Use only as instructed on label. Be sure to talk with your doctor before combining any of these medications. Talk to your doctor about these medications if you are nursing or pregnant.</b>		

THE BUTT STOPS HERE



## Reasons for Quitting

**M**ake a list of all the reasons why you want to quit smoking. Make the list as long as you can.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Now copy your 5 most important reasons for quilting onto an index card. Keep the card with you and read it often.

### The costs of smoking

If you're tired of watching your money go up in smoke, here is one terrific reason to quit: the average smoker spends about \$1,820 a year on cigarettes.

How much do you spend?

\$ \_\_\_\_\_ cost per pack

x \_\_\_\_\_ packs per week

= \_\_\_\_\_ cost per week

x 52 weeks

\$\_\_\_\_\_ cost per year



# Coping With Withdrawal

When you quit smoking, you can experience both physical and emotional symptoms. Most symptoms occur in the first 3 days, and gradually get better over the next 2 - 3 weeks. Some people have more symptoms than others. Here are some ways you can cope with the symptoms of withdrawal:

SYMPTOM	COPING SKILLS
<b>Fatigue</b>	Take naps. Go easy on yourself. Try to walk or get some exercise. Make sure you get enough sleep.
<b>Grouchiness</b>	Do relaxation exercises. Work out. Walk the dog. Say you are sorry. Plan something fun.
<b>Insomnia</b>	Drink warm milk at bedtime. Do relaxation exercises. Read. Stay away from caffeine.
<b>Sore throat</b>	Have mints or hard candies. Drink water or juice.
<b>Lack of concentration</b>	If possible, change your work load. Don't expect too much of yourself. Do some non-stressful mental activities.
<b>Constipation</b>	Drink lots of water. Exercise. Avoid gassy foods.
<b>The "Blahs"</b>	Try new things. Get involved in some activities that involve your hands, like carpentry, knitting, sewing, gardening, etc. Keep busy.
<b>Hunger for a cigarette</b>	Wait. It will pass. Cravings last 1 - 3 minutes. Distract yourself. Do deep breathing. Go with the flow.
<b>Coughing</b>	Drink water or suck on a cough drop.

## Distractions for When Cravings Hit

There is no way around it - cravings are going to hit. Here is a list of some distractions for those times when that happens:

- Listen to the visualization on the CD/cassette; remind yourself that this will pass
- Think about your reasons for quitting
- Play cards
- Read a magazine or newspaper
- Pray
- Fix something that's broken
- Wash your windows
- Do aerobics
- Go to Church
- Cook a new recipe
- Take a long walk
- Read the comics
- Drink orange juice



- Watch TV
- Call a friend
- Change your hair
- Dance
- Sleep
- Visit a friend
- Play with your pet
- Shop
- Tidy up
- Drink water
- Read the Bible or another spiritual text
- Listen to music
- Organize a closet
- Do yard work
- Rearrange furniture
- Water your plants



# Emotional Triggers

Make a plan for what you need to do when you experience emotional triggers. Below are some ideas used by others, as well as space for you to write your own ideas.

## WHEN I FEEL      INSTEAD OF SMOKING, I WILL

- |               |   |
|---------------|---|
| <b>Sad</b>    | Write in my Journal<br>Call a loved one<br>Go for a long walk<br>Cry if I feel like it                        |
| <b>Angry</b>  | Lift Weights or go running<br>Write an angry letter and not send it<br>Apologize if I hurt someone's feelings |
| <b>Afraid</b> | Pray<br>Chew on a swizzle stick<br>Drink water  |
| <b>Happy</b>  | Celebrate with non-smoking friends<br>Laugh with a full breath  |

## WHEN I FEEL      INSTEAD OF SMOKING, I WILL

- |                   |       |
|-------------------|-------|
| <b>Sad</b>        | _____ |
|                   | _____ |
| <b>Angry</b>      | _____ |
|                   | _____ |
| <b>Depressed</b>  | _____ |
|                   | _____ |
| <b>Afraid</b>     | _____ |
|                   | _____ |
| <b>Happy</b>      | _____ |
|                   | _____ |
| <b>Frustrated</b> | _____ |
|                   | _____ |

THE BUTT STOPS HERE

# Emergency Plan

**P**lan ahead and prepare yourself in the event of an emergency;

**YOU ARE ABOUT TO SMOKE...YOU PANIC...WHAT WILL YOU DO??!!**

## Suggestions:

1. If possible, get out of where you are.
2. Start taking deep breaths.
3. Promise yourself you will not smoke in this state of mind; calm down first, then decide.
4. Make yourself wait out the crisis.  
Sit on your hands if you have to.
5. Read a page out of your workbook or journal.
6. Call a friend.
7. Distract yourself in some way.
8. Remind yourself of your reasons for quitting.
9. Remember that in the long run, smoking will only make the situation worse.
10. Tell yourself over and over again, **"Smoking is NOT an option for me. I am a non-smoker."**

## Possible High-Risk Situations

Jot down ways you would deal with these high risk situations:

You are offered a cigarette at a party.

A friend lights a cigarette and tells you how good it is.

You are having a fight with your spouse or significant other.

You just got a speeding ticket.

You have lunch with an old friend who used to be a smoking buddy.

You are at a party and they are serving alcohol.

THE BUTT STOPS HERE

# H.A.L.T. Principle

H. ungry  
A. ngry  
L. onely  
T. ired

Don't let yourself get too Hungry, Angry, Lonely, or Tired. Any one of these feelings, or a combination of them, can make you want to smoke.

## HUNGRY

When you are hungry, you don't think as clearly. Many people mistake physical hunger with a cigarette craving.

## ANGRY

Most people are not comfortable dealing with anger. In fact, many smokers cope with their anger by smoking instead of dealing with the situation.

## LONELY

Belonging is a basic human need. Loneliness doesn't feel good. Many smokers say they feel less alone when their pack is on hand.

## TIRED

When some people are tired, they use caffeine, sugar or nicotine as a stimulant to wake them up. These are only temporary fixes.

If you find yourself experiencing one, or a combination of H.A.L.T., fix the situation by first asking yourself some simple questions that will help you get to the real issue.

**Hunger:** What do I really need right now?

\_\_\_\_\_  
\_\_\_\_\_

**Anger:** What is really upsetting me and how can I fix it?

\_\_\_\_\_  
\_\_\_\_\_

**Lonely:** Who or what will fill my need for companionship right now?

\_\_\_\_\_  
\_\_\_\_\_

**Tired:** What is a healthy way to increase my energy right now?

\_\_\_\_\_  
\_\_\_\_\_

*Remember, life is about choices. You can choose to smoke or you can choose not to smoke.*

*You've worked really hard to get to this point in your journey.*

*Make the choice NOT to smoke.*

*You'll be happy you did.*

THE BUTT STOPS HERE

## Stay Tuned In & Talk Back

Even though you are moving ahead in the quitting process, you have to stay tuned in to that "little devil" inside of you who tries to talk you into smoking again. When you hear any thought about smoking, talk back. Smoking is not the answer. There is no good reason to be a smoker.

**Thought:** "This is too hard. If I could have just one, I would feel so much better."

**Response:** "There are a lot of people who have had much harder things to deal with than this. It's worth it. As time passes, it will get easier and easier. I'm going to hang in there like millions of other quitters have done."

**Thought:** "I'm gaining weight. At the rate I'm going, I'll gain 40 pounds."

**Response:** "Not everybody gains weight. I can exercise, drink a lot of water and eat low calorie foods like fruit, I can manage my weight in healthy ways. I don't have to smoke."

**Thought:** "You'll never make it. You've failed so many times."

**Response:** "I don't know yet if I'm going to make it or not. But I know that today, I'm going to give it my best shot. As of right now, I am making it."

**What are you saying to yourself about smoking?**

[illegible]

**Plan a response:**

[illegible]

THE BUTT STOPS HERE

# The Truth About Smoking and Weight

## Here's the bad news:

There are several reasons why people gain weight when they quit smoking.

- Food starts to smell and taste better, so you eat more.
- Your metabolism slows down slightly after you quit, so you burn fewer calories.
- You reward yourself or fight off cravings with high calorie treats.
- All that water you are drinking to flush your system can lead to a temporary 2 -3 lb. weight gain.

## Here's the good news:

You do not have to grow to the size of a small building once you quit smoking. The fact is that about half of those who quit only gain about 5 - 7 pounds. A small percentage of quitters gain more than that. The rest remain the same or even lose weight when they quit.

## Best bets:

- Don't try to diet and quit smoking at the same time. Stopping smoking should be your #1 priority.
- If you find yourself snacking to reward yourself or to fight off an urge, make it a low calorie snack like fruit, celery or carrot sticks, air popped popcorn, sugarless mints or gum.

## Tips to help you manage your weight while you stop smoking:

- Drink a glass of water before each meal
- Try your best to eat healthy, well-balanced meals
- Eat more lean fish and meats
- Stay away from fast foods
- Eat more leafy green vegetables
- Avoid sugar - it turns to fat quickly
- Avoid fried foods. They are high in fat and add fat to your body
- Substitute low fat foods whenever you can  
Some of the low fat versions of salad dressing, milk, cheese, cookies and crackers are delicious. In most cases, you can't even tell the difference
- If you find yourself overeating high calorie foods, take control by writing down everything you eat
- Keep a daily food diary

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