

Butt Out!

Stage Three: Preparing to quit

Ex-smokers say that quitting is easier if you:

- ▶ know why you smoke
- ▶ practise quitting before your final quit date
- ▶ learn to deal with temptation and cravings

Understanding why you smoke

Activity #1: What is my level of addiction?

Answer yes or no to these questions:

	YES	NO
1. On average, I smoke more than 10 cigarettes each day.	<input type="checkbox"/>	<input type="checkbox"/>
2. I usually smoke within 30 min. of waking up in the morning.	<input type="checkbox"/>	<input type="checkbox"/>
3. I find it difficult to go for more than four hours without smoking.	<input type="checkbox"/>	<input type="checkbox"/>
4. When I try to quit or cut back on the amount I smoke, I experience irritability, trouble sleeping, dizziness, frustration or changes in my appetite.	<input type="checkbox"/>	<input type="checkbox"/>

NO to all questions *Low* level of addiction Focusing on what influences your desire to smoke may be all that you will need to quit.

YES to 1 or 2 questions *Moderate* level of addiction Seek medical treatment to help you quit.

YES to ≥ 3 questions *High* level of addiction Combine medical treatment and behavioural support to help you quit.

Smoker's Diary/Log Book

It is easy to lose track of how much, where, why and when you smoke. But, these are important things to know so you can prepare yourself to quit smoking, and resist temptations.

1. Divide a piece of paper into 6 columns with these headings:

Cigarette #	Time of day	Need (1-5)	What I was doing	Who I was with	Reason for cigarette
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2. Fill in your diary every time you have a cigarettes on Saturday, Sunday, and three days of the week.

3. Keep track of your need (craving) for each cigarette using this scale: 1 (low craving) – 5 (high)
4. At the end of each day and after 1 week, review your diary. Look for patterns in your smoking.

Making a commitment to quit

Making a pledge to quit, to yourself and friends, will help you to:

- stick with your plan to quit, even if the going gets rough
- prepare yourself to resist the urge to sneak a cigarette

The Pledge

You have good reasons for quitting. What are they? Write down all your reasons for quitting.

At the end of the list add:

1. “I choose to quit smoking. I pledge that I will give my best effort starting (fill in a date 1 – 4 weeks from now),”
2. Sign and date the paper, and keep it with you. This is your contract with yourself to recapture your freedom and be smoke-free.
3. Make a public pledge to quit smoking. Find people who you believe will support and encourage you. Tell them that you are going to quit smoking on a certain day. Be sure to ask them for help.

Time for a test run

Before you quit, you need to start thinking like a non-smoker. Take small action steps to prepare yourself for the big step.

Cutting back

In order to practice what it will be like to live as a non-smoker, choose 1 of the following strategies:

- Delay your first cigarette after you wake up. Gradually lengthen the time you delay.
- Cut back the amount you smoke each day. If you normally smoke 25, cut back to 20.
- Some people smoke at very specific times during the day (e.g., after a meal). Cut out one or more of these cigarettes or find something healthy to do instead (e.g., take a 10 min. walk).

Resisting the urge to smoke

Even though you haven't quit smoking yet, it's wise to think of what it will be like when you do. **How will you resist the urge to smoke?**

Here are some ideas:

- ▶ Avoid places and activities that give you the urge to smoke.
- ▶ Change your routine so smoking doesn't fit in anymore.
- ▶ Practice relaxation techniques (e.g., deep breathing, yoga, visualization, massage).
- ▶ Review your reasons for quitting.
- ▶ Get physical. Just 30 min. of moderate physical activity can reduce tobacco cravings. Go for a walk/jog. At the office? Try: squats, deep knee bends, push-ups, or walk the stairs.
- ▶ Call on reinforcements – touch base with a family member, friend, or support group member for moral support (e.g., chat on the phone, go for a walk together, share a few laughs).

Resource: "For smokers who want to quit: One Step at a Time" – The Canadian Cancer Society,
"Your Guide to a Smoke Free Future" – Canadian Council for Tobacco Control