

Butt Out!



Stage Two: Thinking About Quitting

Congratulations! Thinking about quitting is the second stage along the road to being smoke free. At this particular time, you need to ask yourself some questions, gather information, and separate truth from fiction. The goal is to move from thinking about quitting to being ready to quit.

Tips to Start With

- ▶ Pay attention to everything you hear about smoking
- ▶ Keep track of your reasons to quit
- ▶ Think of the many things you would enjoy more if you quit smoking

To Quit or Not to Quit

Exercise #1: List your “pros” for quitting smoking on one side and your “cons” for quitting on the other. Then rate each one from 1-10 (1= least important; 10= most important).

Here are some things to think about:

- Your health
- Your self-image
- Money
- The environment
- Your family’s health
- Your social life
- How you cope with stress

PROS of Quitting 1-10	CONS of Quitting 1-10
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
Total (Pros): _____	Total (Cons): _____

After you have scored the pros and cons, add up the totals. *Which is greater, the pros or the cons?*



I have better reasons for quitting than for smoking

Congratulations! You have decided that quitting is better than smoking. You can now take the next step – start making plans to quit.

I have better reasons for smoking than for quitting

Reconsidering the Costs

- ▶ Smoking can shorten your life – on avg. smokers die 15 years earlier than non-smokers.
- ▶ People who smoke get lung cancer 9X more often than people who don't!
- ▶ Increased risk of developing cancer of the mouth, throat, kidney, pancreas, and bladder.
- ▶ Increased risk of heart attack, stroke, breathing problems, or high blood pressure.
- ▶ Other problems include: depression, tooth loss or decay, cataracts, osteoporosis.
- ▶ Smoking can also make it more difficult to sleep, concentrate, and learn.

Reconsidering the Benefits

One of the best ways to reach a goal is to *imagine* yourself achieving that goal.

Exercise #2: Close your eyes and imagine yourself and everything around you. Try to imagine what you are wearing, what you are doing, how you are feeling, who is with you, etc.

Imagine yourself as a non-smoker! Take 7-8 min. to consider this. Write down what it feels like.

- ▶ you (not the cigarettes) are in control
- ▶ your breath is fresh and clean without the cigarette aftertaste
- ▶ you've lost the yellow tobacco stains on your fingers
- ▶ you can breathe deeply without coughing
- ▶ you feel proud of yourself
- ▶ people say you look great (and you agree!)

Every time you have a cigarette for the next week, take a minute to imagine the good things that will happen if you quit. **Think of things like:**

- the money you'll save
- the good example you'll set
- relaxing without a "crutch"
- no one asking you to quit
- not worrying about where you can smoke
- rewarding yourself for quitting

Resource: "For smokers who don't want to quit" – The Canadian Cancer Society, "Your Guide to a Smoke Free Future" – Canadian Council for Tobacco Control