

I've got a plan!

Are you ready?

Plot your position

Lifestyle change

Become a lasting nonsmoker

Preparation is key

Mess with your habit

Quit methods

Journey with a positive attitude

Positive self-talk:
Your biggest cheerleader

Getting support

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q **Are you ready to become a nonsmoker?**

Become a nonsmoker!

By Mark Brennaman

Congratulations! You're either thinking about quitting or have decided to quit smoking. You're at the beginning of one of the most important journeys of your life and this guide will help you map your way and you'll have extra confidence in your quit because of the preparation that you're about to do.

This is a playbook. You'll be asked to write a few exercises so you can better plan your quit. The more you plan your quit the easier you will make it. Knowing what to expect and what to do about gives you confidence.

Once you complete all the tasks you will be ready to set a quit date and begin your journey. Use this playbook when you feel you are losing focus. By continually referring to your playbook you'll always know what to do next.

Quit for life

By having a positive attitude and an expectation of success you will find it much easier to quit. Be playful as you create new daily rituals that will replace your old habit of smoking.

Try to have fun with your quit. Smile often.

It can't be said enough, "Concentrate on what you're *starting* instead of what you're ending." I wish you well

What do you value more? Smoking another cigarette or skipping it so you can start quitting? If you continue to place more value on smoking than you do on quitting you'll find it impossible to quit.

There's no use in trying to "trick" your mind into believing you're ready to quit if you're not really ready. Nothing will happen except you'll start to feel guilty and depressed because you tried, and failed, at quitting smoking. Again.

Discover where your true feelings are. If you aren't ready to quit smoking, but you want to, it'll help if you can see where you place your values. When you write your thoughts in the four spaces on the next page you'll recognize where you are in terms of being ready to quit.

You might find that you have equally strong feelings about wanting to smoke as you do about wanting to break the addiction. That's being ambivalent and that's perfectly normal. To make a change you'll have to tip the balance toward one value over another.

Write your thoughts in all four areas on the next page. This will give you an idea where you really stand and how strongly you value certain choices you're making.

So, before you begin your journey it's important to find your bearings. Where are you right now?

Once you know where you are you can then plan the next step of your journey.

Positive Self-Talk

Your inner voice is with you every step of the way. What you allow your inner voice to say is how you behave. If you don't pay attention to and get rid of negative affirmations you will continue to do the very thing you're trying to change.

You get to write the scripts for your inner voice. Create positive affirmations that you can repeat to yourself over and over and over. Positive self-talk works and you're in

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Plot your position

**Good things
about smoking**

**Good things
about quitting**

**Not so good things
about smoking**

**Not so good things
about quitting**

Becoming a lasting nonsmoker

There are three distinct parts of smoking that must be addressed for a person to successfully break an addiction: 1) Physical, 2) Behavioral, and 3) Psychological.

Physical

With smoking, the physical aspect is our body's dependence or craving for the chemical, nicotine. Nicotine will flush out of your body in about three days after your last dose (whether smoked or via patches, etc).

The reason many people have success with nicotine replacement therapies (patches, gum) is that it satisfies and decreases over time the physical need for nicotine WHILE you work to change the routine and mental elements of your smoking.

Behavioral

Look at your smoking routines. How do you pair the act of smoking with other activities? Do you wake up and immediately smoke?

Answer the phone and light one up? Have coffee and smoke? Run into a sudden and stressful situation and reach for a cigarette? Most smokers have paired many routines with smoking.

On the next several pages write all the smoking routines you can think of. These are your triggers to smoke – the **If you can get your inner voice to become your biggest cheerleader you'll make your quit far easier than you ever thought possible.**

To dismantle the addiction to nicotine it's important to consider each aspect to figure out how you relate to them



just enough to break the association with cigarettes and smoking.

If you always smoke when you drink coffee try switching to tea for a few weeks. If you pair smoking and talking on the phone avoid using the phone as much as possible for a couple of weeks. If you normally smoke as soon as you get out of bed try running to the shower as soon as your feet hit the floor.

The idea is to know your triggers so you can alter your routines as you learn how to not smoke.

Psychological

The psychological aspect involves how you view yourself and how you perceive the benefits of smoking and how you perceive the benefits of quitting. This is also where you allow your inner voice to lead the way.

Your inner voice will lead you back to smoking if you let your old scripts play in your mind. If you change the scripts your Have some fun remembering all the routines you have that involve smoking. You'll be amazed at how pervasive nicotine has become in your life.

The changes don't have to be permanent. You should change your routines significantly during the first couple of

List all of your activities that also involve smoking:

What are your favorite times to smoke?

Smoking gives me . . .

To change the psychological aspect of smoking it's important to take an inventory of how you perceive smoking satisfies your needs, think about why you smoke and then think about why you want to quit. Now you can create some new beliefs about yourself as a nonsmoker.

I smoke because . . .

Look at all the notes you've made about the physical, behavioral and psychological changes you need to make to become a nonsmoker. Write goals on every aspect. Make a list of your goals so you can see it throughout the day.

nonsmoker and set a good example for my children and grandchildren."

Go back over all the goals you've written based on the physical, behavioral and psychological aspects of smoking and rewrite each goal as if it is already true.

Write your goals as if they're already true:

Preparation is the key to an easier quit

The more you know about the quit process the easier you can make it. There are plenty of websites devoted to

In addition to the websites listed to the left, visit other sites. Do a search for key words like:

Quit methods

There are several ways to quit smoking. Whatever works best for you is the quit method you should follow. Many people quitting smoking believe the method they've chosen is the only way to quit. Nonsense! Don't pay attention to people who tell you their way of quitting is better than other

Zyban®

Many people quitting see their health care provider to learn about medication to help the quit process. People who want to quit smoking are sometimes prescribed **Zyban®** or **Wellbutrin®**. To be effective, my doctor told me to start taking my medication 14 days before my quit date. These pills have helped a lot of people cope with the discomfort of quitting.

I'm a nonsmoker!
I'm a nonsmoker!

Break your hand-to-mouth memory

Find ways to keep your hands busy. Avoid using food as a replacement for smoking. Your body has a very strong habit of moving an object to your lips and then ingesting.

Use positive self-talk to drive away

all negative thoughts!

Just in case . . .

Many people who quit smoking slip the first time they are confronted with sudden or unexpected stressful situations. It's normal to attempt to quit and go back to smoking for a while. Slipping just because you face extra stress can be avoided by planning ahead what you'll do in a crisis to remain smokefree.

In a crisis I'll remain smokefree by . . .

Make a list of all your friends who will help you stay smokefree and will help you celebrate your victories:

**Journey with a
positive attitude**

If you say to yourself over and over that you can't quit smoking, and if you believe you can't quit for more than a few days, you just aren't ready to quit.

A positive attitude is your most important tool to quit and stay quit. Maintaining a positive attitude will help you have a sense of humor about the quit process, will help you deal with stress in new ways, it will help make your quit easier.

Our minds are incredibly powerful and operate from what we tell ourselves.

Positive affirmations result in positive outcomes. Negative thoughts result in staying the same or worse, going backwards.

Luckily, you can write the positive affirmations you want and tell yourself over and over.

Or, you can leave whatever chatter is going on inside you to chance.

Seize the moment. Be proactive in directing your inner voice to repeat positive affirmations about your quit.

Getting Support

Having the right kind of support can make or break your quit effort. The more support you have the easier your quit will be.

You've seen "self-talk" referred to several times now. Why is it so important? To me, self-talk is the single best tool to use to break the nicotine addiction, to move from being a smoker to being a nonsmoker.

Self-talk

I repeated positive affirmations to myself during my withdrawal period until my face turned blue. Well, I didn't really turn blue, but I did stay smokefree.

The advice to concentrate on what you're starting, not on what you're ending makes a lot of sense. If you sit around and think about how much you miss smoking you won't miss it too long. You'll light one up.

If you sit around and think about how great it feels to breathe fresh air you are more likely to stay smokefree.

When you're going through nicotine withdrawal it's helpful to know that some of that discomfort is the body healing itself. Keeping the mind focused the humorous and the

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**Positive self-talk – your
biggest cheerleader!**

Your inner voice is with you every step of the way. What you allow your inner voice to say is how you behave. If you don't pay attention to and get rid of negative affirmations you will continue to do the very thing you're trying to change.

You get to write the scripts for your inner voice. Create positive affirmations that you can repeat to yourself over and over and over. Positive self-talk works, and you're in charge of the script!

Self-talk is the single best tool to use to break the nicotine addiction, to move from being a smoker to being a nonsmoker.

The advice to concentrate on what you're quitting, not on what you're ending makes a lot of sense. If you sit around and think about how much you miss smoking you won't miss it too long. You'll light one up.

If you sit around and think about how great it feels to breathe fresh air you are more likely to stay smokefree.

Write a couple of your favorite positive affirmations you'll be repeating to yourself:

Setting your quit date

There are several things to get done before you set your Quit Date. To begin your journey well prepared means your journey will be familiar and compelling

I'm a nonsmoker!

I'm a nonsmoker!

I'm a nonsmoker!

I love breathing fresh air!

I don't smoke!

I can quit!

I don't need to smoke!

No thanks, I don't

I have decided to become a nonsmoker by quitting smoking as of

Questions

If you have questions about any part of this playbook or questions about the process of quitting please email

mark@startquitting.org

No part of this playbook is meant to replace the medical advice of your healthcare provider. This information is presented as peer education and support. Consult your physician if you ever become concerned about any recovery symptom you experience. You can become a nonsmoker!