

# GETTING READY TO BE TOBACCO-FREE

- Make a personal commitment to yourself to quit smoking during this series of classes.
- Pick a date to quit smoking.
- Write down the most important reasons you want to quit smoking on the sheet in your folder.
- Record the times you smoke on your Pack Track cards from your folder for three days.
- Focus on your smoking habit: when you smoke, do you have a cigarette because of physical cravings or because of habit? Can you eliminate some cigarettes each day due to routine or habit?
- When you smoke, don't do anything else. For example, don't eat and smoke, don't talk on the phone and smoke, don't drive and smoke, and don't watch TV and smoke...just smoke.
- Don't smoke unconsciously – slow your smoking way down, smoke in the moment – watch yourself smoke. Ask yourself if you are really enjoying this cigarette?
- Try this...smoke only in one place in your home or smoke outside. Make your home tobacco-free.
- Break up your routine! Carry your cigarettes in a different pocket and keep them in a different place at home. Try switching brands...to a cigarette with less nicotine or to one that tastes different. Smoke with a different hand.
- Learn and *practice* the 5 D's whenever you feel like having a cigarette. See 3 by 5 card



- Think about your Quit Date – prepare yourself mentally.
- Take deep breaths often – spend some time each day learning how to relax without smoking. Use your deep breathing card that we hand out in class. Practice in the morning to set the tone for the day and at nighttime to help you sleep.
- Find a jar for the money that you will save from not smoking!
- Give yourself nice rewards along the way.