



Being a Nonsmoker: Session 4

- For your health!
- For your family!
- For yourself!

Staying smoke free...

Congratulations! You have made it through the worst part of quitting. Your urges to smoke will come less often now.

Most people who quit smoking for six months never smoke again. So, now that you have quit smoking, you should take active steps to maintain your progress. Today, we will prepare you for long-term success.

How to stay smoke free...

- Think of yourself as a nonsmoker.
- Reward yourself for quitting.
- Prepare to cope with smoking urges.
- Plan ahead to avoid relapse.
- Do not let setbacks discourage you.
- Celebrate your success.

Congratulations!

The worst part of quitting is behind you...you are well on your way to staying smoke free for good!

Think of yourself as a nonsmoker...

An important step to overcoming your smoking habit is to change the way you think about yourself. Now is the time to start thinking of yourself as a nonsmoker. Keep in mind all of the reasons why you quit smoking. Check off your reasons below:

- To feel better
- To improve my health
- So I will not smell like cigarettes anymore
- To save money
- To take control of my life
- So I will not hurt people around me
- To set a better example for my family
- Other: _____

Reward yourself for quitting...

People who celebrate their success are more likely to remain nonsmokers. So, be sure to reward yourself often.

How have you rewarded yourself this month?

If you have not been rewarding yourself, think about some ways to start. Be proud of your success. Find little ways to remind yourself how well you are doing.



How will you reward yourself for staying smoke free?

Prepare to cope with smoking urges...

You may still want to smoke sometimes, but do not give up. Your urges to smoke will be fewer each day. Stay alert, and make sure you are prepared to cope with urges when they come.

What if I smoke just 1 or 2 cigarettes?

Research of people who quit smoking shows that:

- 50% will return to active smoking, if they smoke just 1 cigarette.
- 90% will return to active smoking, if they smoke just 2 cigarettes.

How can I prevent smoking urges?

- Stay away from smokers.
- Go for walks or do some other form of physical activity.
- Try to avoid stressful situations.
- Say 'no' to anyone who offers you a cigarette.

How can I cope with smoking urges once I get them?

- Chew sugar-free gum or mints.
- Use relaxed breathing.
- Call a friend to share your feelings.
- Take a walk.
- Brush your teeth.
- Eat something good for you.
- Drink water or fruit juice.

Relax...the urge to smoke will pass in five minutes, whether you smoke or not.

Plan ahead to avoid relapse...



When tempted to smoke, call a friend to share your success instead...

You may find that you are more tempted to smoke at certain times. You may find urges harder to fight when:

- You feel stressed, angry, frustrated, depressed, or tense.
- You are around smokers or drinking alcohol.
- You feel overly confident that you have already kicked your smoking habit.
- You fear that you might gain weight.

When are you most tempted to smoke? List your most difficult times below, along with some methods you will use to resist the urge to smoke during those times.

I am most tempted to smoke when...

1. _____

2. _____

3. _____

I will resist the urge to smoke by...

1. _____

2. _____

3. _____

Plan ahead to avoid weight gain...

- Try not to eat when you are bored or just to kill time.
- Eat healthy meals.
- Be more active.
- Wear a pedometer (a small device that counts your steps as you walk). Try to reach 10,000 steps a day.
- Chew sugar-free gum or mints when you have the urge to smoke.

If you have a relapse, learn from it, and make a plan to prevent another one.

Do not let setbacks discourage you...

If you do have a relapse, consider it a learning experience and renew your pledge to quit. You do not have to become a smoker again. Instead, make a plan to prevent another relapse.

What can I do to prevent another relapse?

- Focus on your success.
- Identify the reasons for your smoking relapse and make sure you have a plan to deal with the situation next time.
- Talk positively to yourself.
- Learn from the experience.
- Ask your family, friends, and coworkers to support you even more.
- Keep coming to this support group session.
- Help others to quit.

Personal Worksheet

Session Four: Being a Nonsmoker

Celebrate your success...

Look how far you have come in just one month! You have gotten through tough times and learned many new coping methods. You are well on your way to staying smoke free for good.

What coping methods have helped you the most?

Continue to use your coping methods and celebrate your quit date every month. When you reach your six-month anniversary of being a nonsmoker, do something very special. Use some of the money you have saved from not smoking. Treat yourself to a special dinner, have a party, or pay off a debt.

Remember the four D's...

- Delay the urge to smoke...it will pass in five minutes.
- Deep breathe...learn to relax.
- Drink water.
- Do something else to take your mind off smoking.

My six-month anniversary of being a nonsmoker is:

Month_____ Day_____ Year_____

I will celebrate my six-month anniversary by:

