

PREPARING TO QUIT TOBACCO

As you learned in the webinar, there are 8 “preparation tasks” in quitting tobacco. Please respond to the following questions, describing your plans to complete each of these “completion tasks.”

1. BUILDING UP A MOTIVATION TO QUIT

How motivated are you right now to quit tobacco products?

- I am not considering quitting I am thinking about quitting
 I am making plans to quit I am in the process of quitting
 I quit already, and am successfully maintaining that change

What could you do to increase your motivation to quit (using both positive motivators, like writing out the benefits of quitting, and negative motivators like looking up the medical dangers of tobacco use).

2. KEEPING A TOBACCO JOURNAL

Keep a tobacco journal for 3 days, keeping track of every time you used a tobacco product. Based on this journal, answer the following questions:

Which time(s) of your tobacco use were due to very strong urges?

Which time(s) of tobacco use were more “automatic” than “necessary.”

How can this knowledge help you with your plans to quit tobacco?

3. SET A DATE TO QUIT TOBACCO:

What is the date that you've set to stop using nicotine? _____

Why did you set that particular date:

4. DECIDE ON YOUR PLAN TO QUIT:

Are you going to go "cold turkey" or use some form of medication?

If you are using medication, what type are you going to try?

Why did you make this decision?

5. CLEAN OUR YOUR ENVIRONMENT:

What objects are you going to need to get rid of when you quit?

What places are you going to need to clean out or re-arrange when you quit (such as the car, garage, or other smoking area)?

6. GATHER TOGETHER YOUR SUPPORT SYSTEM:

Who are the friends and family who will support you in your efforts to quit tobacco?

What messages will you need to give to your family and friends, regarding what they can expect from you when you quit, and how they can help you in your efforts to quit?

7. PREPARE A QUIT SURVIVAL KIT:

What low-calorie “munchies” will you keep on hand during the days that you quit using tobacco?

What objects will you keep around to keep your hands busy?

8. START TO MAKE LIFESTYLE CHANGES:

What lifestyle changes (diet, exercise, or nutrition, for example), can you make prior to quitting tobacco?
