

# HEALTHY STEPS TO QUITTING TOBACCO

## GOAL SETTING AND PREPARING TO QUIT

### MY QUIT PLAN

Understanding why you want to quit, and staying focused on those reasons, can help you stick with your quit plan. Using the prompts below, list your motivators for quitting.

### WHEN I QUIT...

I will feel more \_\_\_\_\_

\_\_\_\_\_

I will feel less \_\_\_\_\_

\_\_\_\_\_

My life will change because \_\_\_\_\_

\_\_\_\_\_

I will look forward to \_\_\_\_\_

\_\_\_\_\_

### MY QUIT DATE

I WILL START MY PLAN ON:  
 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I WILL BE TOBACCO FREE BY:  
 \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Choose a date that you intend to begin your quit plan and a date that you intend to be tobacco free.

Cut out your list of reasons and planned quit date. Keep this information where you will see it often.

### Good places include:

- Where you keep your tobacco
- In your car
- In your wallet or purse
- In your kitchen

## MY PAST QUIT ATTEMPTS

**Your past quit attempts are learning opportunities!**

While you may not think of your past quit attempts as successes, they are full of opportunities for learning and valuable wisdom! What do your past quit attempts tell you about the things you need to do in order to be successful?

Think back to a difficult challenge you overcame or a past attempt at quitting tobacco and consider successes or obstacles related to that experience.

What worked? \_\_\_\_\_

\_\_\_\_\_

These things helped me avoid tobacco \_\_\_\_\_

\_\_\_\_\_

These things helped me feel in control \_\_\_\_\_

\_\_\_\_\_

This time, I need to focus more on \_\_\_\_\_

\_\_\_\_\_

This time, what I need to do is \_\_\_\_\_

\_\_\_\_\_

If my past quit attempt could talk it would say \_\_\_\_\_

\_\_\_\_\_



# STEP AWAY FROM TOBACCO

## HOW TO HANDLE WITHDRAWAL

A successful quit plan includes identifying obstacles and planning how to address them. Obstacles come in two forms; external obstacles and internal obstacles.

### **External Obstacles** (*obstacles that come from outside of you*)

Your physical and socio-economic environments will have an effect, or set certain limitations, on your actions. An example would be walking through a designated smoking area at work where you are faced with the familiar smell you are trying to avoid.

### **Internal Obstacles** (*obstacles that come from inside of you*)

Examples of internal obstacles are your perspectives, feelings, beliefs and values. Sometimes these can get in the way of quitting. Recognizing your internal barriers and accepting them as natural products of your life experiences is an important step toward achieving your goal.

## COMMON EXTERNAL OBSTACLES

- Lack of money
- Limited access to support
- Exposure to places or people that smoke
- Lack of knowledge about cessation resources and assistance
- Insufficient financial or health insurance coverage for smoking cessation treatments

*What external obstacles are challenging your ability to quit?*



## A WINNING PERSPECTIVE

We may *know* that change creates opportunities for improvement and growth, yet we often *feel* like change is a scary thing that moves us out of our comfort zone and causes pain and frustration.

*Why do some people succeed?*

*Success often depends on your perspective.*

### **DON'T** Ask Yourself:

- Why is this happening to me?
- Why is quitting so hard?
- What will I lose if I quit?
- What will this change do to me?

### **DO** Ask Yourself:

- What positive things can I do?
- What is good about the challenge of quitting?
- What will I gain if I quit?
- What will I do with this change?

## *There is good news!*

You can choose to look at the same situation from different angles - like looking through a prism. You can choose the perspective that will encourage you and help you succeed!

**Changing your perspective gives you the mental leverage to achieve success!**