MINDFULNESS PRACTICE LOG

Date	Formal Mindfulness with Audio Recording	Mindfulness of Daily Activities	Observations/Comments/Challenges
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
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Handout: Noticing Triggers Worksheet

Date	Situation/Trigger	What sensations did you experience?	What moods, feelings, or emotions?	What were your thoughts?	What did you do?
Friday 3/26	*Example: had an argument with a friend*	*Tightness in chest, cold, clammy palms, heart beating fast*	*Anxiety, craving*	*I need something to get me through this. How much cash do I have?*	*Took a walk, later talked with friend about what upset me.*
Saturday 3/27	*Example: woke up in the middle of the night and couldn't sleep*	*Restlessness*	*Irritability*	*Smoking will help me go to sleep.*	*Went outside and smoked.*

Handout: Quitting Smoking and Weight Concerns

One difficulty of quitting smoking is that people fear they may gain weight. This varies between people: some gain no weight, or lose weight, while others may gain weight.

Your mind-set is critical for successfully achieving and maintaining abstinence. Research indicates that people who try to diet while quitting smoking tend to have poor outcomes for both. Set aside concerns about weight gain at this time in order to really focus on the challenges and demands of quitting smoking. When these concerns start appearing, you may often need to get in touch with your motivations for quitting.

Here are some brief points about smoking and weight gain:

- ✓ There are a couple reasons for weight gain following smoking cessation: 1) Nicotine is a stimulant, and so makes the body burn calories faster and also decreases appetite. So, when people quit, their metabolism slows down a little, and they may not have a normal appetite for some time. 2) People who quit often substitute snacking for the hand-to-hand mouth behavior of smoking, and for the sensory stimulation. This can lead to weight gain.

- ✓ You may worry about the negative **health** effects of weight gain. If you smoke one pack of cigarettes per day, this is equivalent, in terms of stress to the heart, of being 90 pounds overweight. Thus, health will be BETTER even if you gain some weight.

- ✓ You may also worry about your **appearance** if you gain weight. Weight gain from increased snacking after smoking cessation can be managed by snacking on vegetables, or sugar-free snacks and chewing gum, rather than calorie rich snack foods. Also, you may benefit from regular exercise for its many benefits – such as distraction from cravings and stress management – as well as a strategy for weight management.

Tip: If weight gain is a concern for you, consider setting a small goal for yourself (e.g., choosing to eat a piece of fruit when craving something sweet) this upcoming week.

Handout: Losing a Friend When Quitting Smoking

This may come as a surprise but you may experience the loss of cigarettes in very personal terms, such as “losing a friend”. Some people, upon quitting, have noted that the cigarettes were always “there” even when friends were not. It can be incredibly difficult to give up this old, consistent, dependable friend.

You may feel as if you are going through a loss. You may experience feelings of sadness or anxiety as you work to navigate the loss without the support of your old friend.

We encourage you to experience these feelings and reflect on what it feels like, being in the moment. Perhaps you may want to say “goodbye.” This could be just like saying goodbye to a friend who is leaving for good, the way you felt about moving from a beloved home or hometown, or the way you may have said good-bye to a pet that died. Yes, it was a great relationship, but the friendship has its beginning and its ends, and it is time to move on.

Do you relate to this scenario? If so, consider whether doing something to say goodbye might be useful for you.

Handout: Alcohol Reduction Goals

Alcohol Goal

List your Alcohol Goal(s) here. You can wait until Week 5 to actually start your alcohol goal.

Examples:

Drink water between alcoholic drinks.

Reduce my alcohol use to one drink per evening on Friday and Saturday nights.

Drink only on special occasions (birthday, holiday). One drink max.

Completely quit drinking alcohol.

Obstacles

Things I will need to achieve my goal(s):

Things that might make achieving my alcohol goal(s) more difficult:

Handout: Preparing to Quit

The better you prepare yourself to quit smoking, the more likely you are to succeed. Here are some important tips for preparing to quit smoking.

PRACTICE MIDFULNESS AS YOU HAVE LEARNED IN GROUP

TELL FAMILY AND FRIENDS WHO YOU KNOW WILL BE SUPPORTIVE THAT YOU ARE QUITTING
Get their support in helping you with any difficult situations you may encounter while quitting.

REWARD YOURSELF
Make a list of things you will do for yourself after your first day and first week without cigarettes. Think about what you would like to do with the money you save by not smoking.

SAVE YOURSELF FROM TEMPTATION
Ask family and friends to keep their cigarettes out of sight or access. Don't keep cigarettes handy.

GET RID OF CIGARETTES AND REMINDERS TO SMOKE

- Get rid of any cigarettes, ashtrays, lighters, and matches around your house, car, or workplace. Find and destroy "stray" cigarettes.
- Clean out coat pockets, kitchen drawers, and your glove compartment.
- Make sure you are done with all of this before your quit day!
- Also, do not let people smoke in your home – try to make it a smoke- free environment.

CHANGE YOUR DAILY ROUTINE
Try to minimize habits and routines associated with smoking. Drink your morning coffee at a different location, take a different route to work, have lunch with nonsmoking friends, or take a walk instead of a smoking break in the afternoon.

STICK TO YOUR QUIT DAY
Research shows that sticking to your quit day greatly increases your chances of successfully quitting. Remind your family, friends, and coworkers that it is your quit day and ask them for support. Change your normal routines to minimize triggers to smoke. Be aware of how alcohol may trigger urges.

IF YOU HAVE A "SLIP" OR A "LAPSE"
Once you reach the quit date, if you smoke at all, PLEASE COME BACK! This group is helpful for figuring out how or why you slipped, so you can do better! Not everyone stays perfectly smoke-free right from the start.

Handout: Substitutes for Smoking

During the early stages of quitting, it is especially important to identify “substitutes” for smoking – things people can do other than smoke.

Bringing conscious awareness to your choice can help you to make a healthy, well-balanced choice. Practice mindful eating tips when using your substitutes.

Some examples include:

- Drink a lot of water or other liquids. Try orange juice or a low-calorie non-alcoholic beverage. Limit coffee and alcohol- they can increase your craving to smoke.

- Chew a stick of sugarless gum, a toothpick, a straw, or a cinnamon stick.
- Snack on low-calorie foods like carrots, celery sticks, or any fresh vegetable or fruit. Abstain from sugar and fatty foods (including most chips, pastries).

- Brush your teeth.
- Suck on a sugar-free hard candy or peppermint.
- Keep your hands busy with a pencil, paper clip, key holder, or coins.

Handout: Nicotine Patch Treatment Guidelines

Purpose of the Nicotine Patch

Almost all people experience nicotine withdrawal symptoms after they quit, such as cravings and urges to smoke, tension, irritability, sadness, sleep problems, and difficulty concentrating. These symptoms often cause people to start smoking again. Nicotine patches are a type of nicotine replacement therapy (commonly referred to as NRT), which contains low levels of nicotine that are released into the bloodstream. The purpose of the nicotine patch is to assist you in quitting smoking by reducing nicotine withdrawal symptoms by slowly weaning the body off it. Despite its effectiveness, the patch is not a "magic bullet." People still experience some withdrawal symptoms while wearing it. It is very important that you learn to be a nonsmoker while you are using the patch and avoid temptations to smoke.

Adverse Side Effects

Although many people experience no side effects from the patch, it is not uncommon to have some minor reactions. The most common of these is skin irritation or a mild rash. This is temporary and easy to treat. If you experience any skin reaction, be sure that you are moving your patch site daily. If this continues, discuss your concern with the study staff.

Proper Use of Nicotine Patches

- For women: do not use the patch if you are pregnant or intend to become pregnant or are currently breastfeeding.
- Do not use the patch if you have heart problems such as congenital heart failure, irregular heartbeat, or previous heart attacks.
- Apply a new patch daily starting the day you intend to quit.
- Place the sticky side of the patch on a clean, dry, hairless area below the neck and above the waistline. Hold for 10 seconds.
- Avoid skin areas that are irritated, broken, scarred, or tattooed.
- To avoid irritation, make sure to put the patch on a different skin site each day.
- It may be helpful to put the patch on at the same time each day in order to help you remember to wear it and for it to have the best effect.
- Do NOT wear the patch for longer than 24 hours or wear multiple patches at one time.
- If the patch causes sleep disturbances, you may remove the patch before bed and apply the new patch in the morning.
- Wash your hands after applying and removing the patch.
- Do not wear the patch in the shower-you can remove the patch before you shower and place it back on after you shower, or, cover it while showering.

If the patch is not sticking well

- Thoroughly clean the application site and remove any moisturizers or lotions that may prevent stickiness.
- Find an area with minimal perspiration (sweating).
- Make sure you apply significant pressure over the area.
- You may also use a bandage to help keep the patch in place.

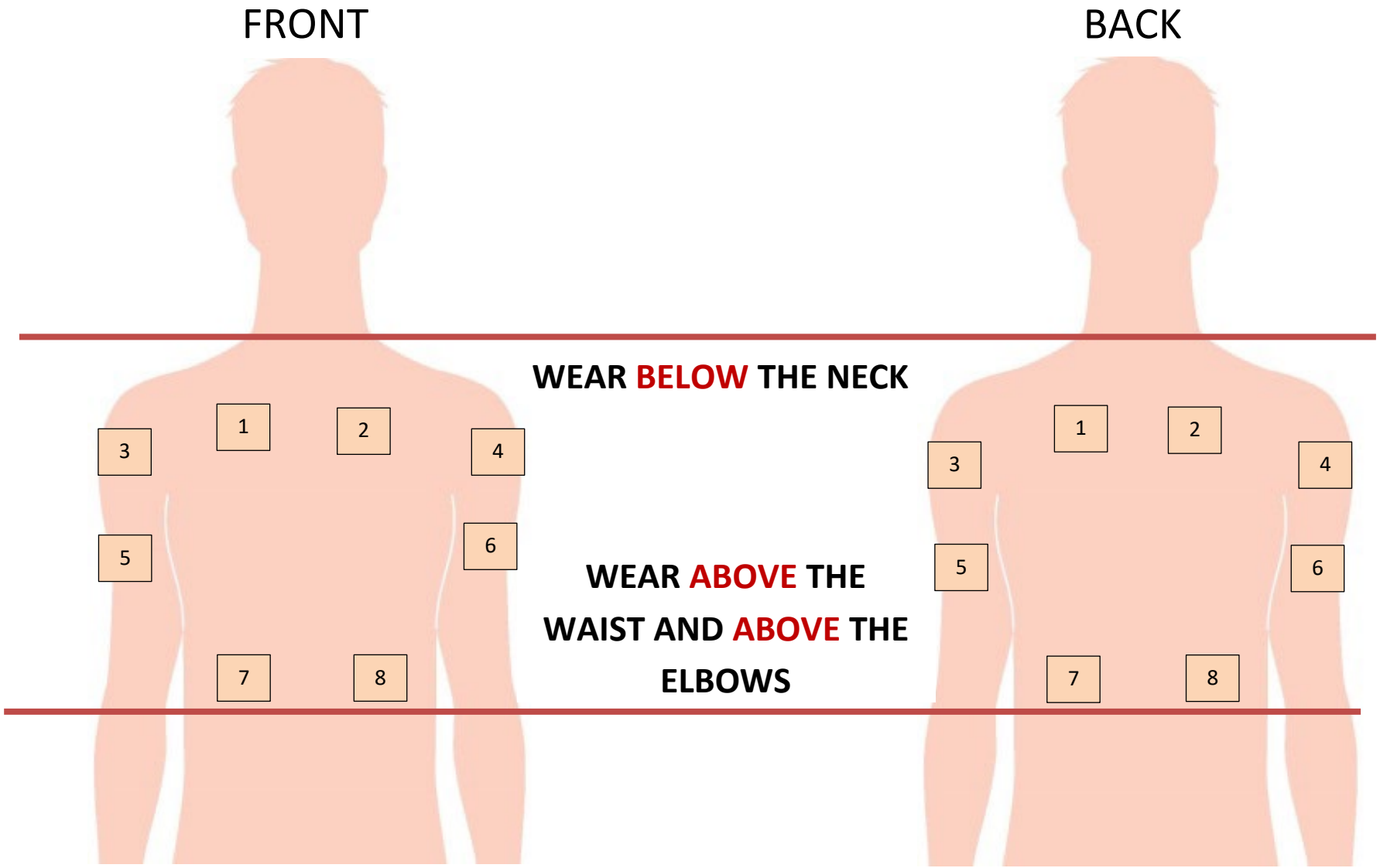
Storage of the Nicotine Patch

- Store the patch at room temperature.
- Keep out of reach of children and pets.
- Keep away from excessive heat, moisture, and light.

Handling of the Nicotine Patch

- Do not use more than one of your recommended doses of nicotine patch at a time. If overdose is suspected, contact the American Association of Poison Control Centers at 1-800-222-1222 or seek further care at the emergency room.
- Wash your hands after applying or removing the nicotine patch. Nicotine could get into your eyes and nose and cause irritation.
- When removing, fold the patch in half, place it back in the original package, and dispose in the garbage.
- Do not share the nicotine patch with others.
- Do not cut the patch in half or in smaller pieces.

Suggested locations for the patch



Handout: Pleasant Activities List

1. Soaking in the bathtub
2. Planning my career
3. Getting out of (paying on) debt
4. Collecting things (coins, shells, etc.)
5. Going on vacation
6. Thinking how it will be when I finish school
7. Recycling old items
8. Going on a date
9. Relaxing
10. Going to a movie in the middle of the week
11. Jogging, walking
12. Thinking I have done a full day's work
13. Listening to music
14. Recalling past parties
15. Buying household gadgets
16. Lying in the sun
17. Planning a career change
18. Laughing
19. Thinking about my past trips
20. Listening to others
21. Reading magazines or newspapers
22. Hobbies (stamp collecting, model building, etc.)
23. Spending an evening with good friends
24. Planning a day's activities
25. Meeting new people
26. Remembering beautiful scenery
27. Saving money
28. Gambling
29. Going home from work
30. Eating
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car (bicycle)
35. Remembering the words and deeds of loving people
36. Wearing sexy clothes
37. Having quiet evenings
38. Taking care of my plants
39. Buying, selling stock
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
44. Going to a party
45. Thinking about buying things
46. Playing golf
47. Playing soccer
48. Flying kites
49. Having discussions with friends
50. Having family get-togethers
51. Riding a motorbike
52. Sex
53. Running track
54. Going camping
55. Singing around the house
56. Arranging flowers
57. Practicing religion (going to church, group praying, etc.)
58. Losing weight
59. Going to the beach
60. Thinking I'm an OK person
61. A day with nothing to do
62. Having class reunions
63. Going skating
64. Going sailing
65. Traveling abroad or in the United States
66. Painting
67. Doing something spontaneously
68. Doing needlepoint, crewel, etc.
69. Sleeping
70. Driving
71. Entertaining
72. Going to clubs (garden, Parents without Partners, etc.)
73. Thinking about getting married
74. Going hunting
75. Singing with groups
76. Flirting
77. Playing musical instruments

78. Doing arts and crafts
79. Making a gift for someone
80. Buying records
81. Watching boxing, wrestling
82. Planning parties
83. Cooking
84. Going hiking
85. Writing books (poems, articles)
86. Sewing
87. Buying clothes
88. Going out to dinner
89. Working
90. Discussing books
91. Sightseeing
92. Gardening
93. Going to the beauty parlor
94. Early morning coffee and newspaper
95. Playing tennis
96. Kissing
97. Watching my children (play)
98. Thinking I have a lot more going for me than most people
99. Going to plays and concerts
100. Daydreaming
101. Planning to go to school
102. Thinking about sex
103. Going for a drive
104. Listening to a stereo
105. Refinishing furniture
106. Watching TV
107. Making lists of tasks
108. Going bike riding
109. Walks in the woods (or at the waterfront)
110. Buying gifts
111. Traveling to national parks
112. Completing a task
113. Collecting shells
114. Going to a spectator sport (auto racing, horse racing)
115. Eating gooey, fattening foods
116. Teaching
117. Photography
118. Going fishing
162. Staying on a diet
163. Playing with animals
164. Flying a plane
165. Reading fiction
166. Acting
167. Being alone
168. Writing diary entries or letters
169. Cleaning
170. Reading nonfiction
171. Taking children places
172. Dancing
173. Going on a picnic
174. Thinking "I did that pretty well'" after doing something
175. Meditating
176. Playing volleyball
177. Having lunch with a friend
178. Going to the mountains
179. Thinking about having a family
180. Thoughts about happy moments in my childhood
181. Splurging
182. Playing cards
183. Solving riddles mentally
184. Having a political discussion
185. Playing softball
186. Seeing and/or showing photos or slides
187. Playing guitar
188. Knitting
189. Doing crossword puzzles
190. Shooting pool
191. Dressing up and looking nice
192. Reflecting on how I've improved
193. Buying things for myself (perfume, golf balls, etc.)
194. Talking on the phone
195. Going to museums
196. Thinking religious thoughts
197. Lighting candles
198. Listening to the radio
199. Getting a massage
200. Saying "I love you"
201. Thinking about my good qualities
202. Buying books

119. Thinking about pleasant events
120. Going skiing
121. White-water canoeing
122. Going bowling
123. Doing woodworking
124. Fantasizing about the future
125. Taking ballet, tap dancing
126. Debating
127. Sitting in a sidewalk cafe
128. Having an aquarium
129. Erotica (sex books, movies)
130. Going horseback riding
131. Thinking about becoming active in the community
132. Doing something new
133. Making jigsaw puzzles
134. Thinking I'm a person who can cope
135. Intense exercise
136. Waking up early and watching the sunrise
137. Eating my favorite food
138. Take a trip someplace new
139. Eating spicy food
140. Volunteering
141. Sky diving
142. Changing the color of my hair
143. Signing up for toastmasters
144. Getting a tattoo
145. Painting my nails a new color
146. Getting a piercing
147. Playing a sport
148. Rock climbing
149. Join a book club
150. Visiting the library
151. Complete a puzzle
152. Start a new TV show
153. Crocheting
154. Practicing gratitude
155. Journaling
156. Skincare/makeup
157. Pottery
158. Stretching
159. Watching a sunset
160. Baking
161. Birdwatching
203. Taking a sauna or a steam bath
204. Buying flower bouquets or houseplants
205. Gaming
206. Going thrifting/ to flea markets or estate sales
207. Napping
208. Renovations/Upcycling
209. Scrapbooking or junk journaling
210. Star or cloud gazing
211. Sunbathing
212. Making tea
213. Trying different restaurants or cafes/casual eats
214. Wrestling, boxing, or doing martial arts
215. Learning a new skill on YouTube
216. Researching and contributing to a Wikipedia page
217. Watching a free lecture online about a topic of interest

Adapted from Skills Training Manual for Treating Borderline Disorder by Marsha Linehan. ©1993 The Guilford Press.

Handout: Session 4 Daily Practice

Theme

Mindfulness practice can help foster a sense of spaciousness and perspective in challenging situations. In this session, we focus on staying present in times that have previously triggered substance use or other reactive behaviors. We learn how we might relate differently to urges to use substances, and practice responding with awareness instead of reacting "automatically" or out of habit.

Integrating Practice into Your Week

1. Practice **sitting meditation or body scan daily.**

2. Practice the **SOBER breathing space** regularly and whenever you notice challenging emotions, feelings, and urges, or anytime you notice yourself becoming reactive. Use your **Mindfulness Practice Log**.

3. **Practice mindful smoking** whenever you smoke a cigarette during the next week. Remember, do not do anything else (e.g., text, have conversations, read, drive), and only focus on the behavior of smoking.

4. **Review quit-day preparation handouts** and decide what works the best for you leading up to quit day.

5. Prepare for **Alcohol Reduction Goal.**

6. Continue to track triggers on the **Noticing Triggers Handout**, if you find that useful.

MINDFULNESS PRACTICE LOG

Date	Formal Mindfulness with Audio Recording	Mindfulness of Daily Activities	Observations/Comments/Challenges
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
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Handout: Noticing Triggers Worksheet

Date	Situation/Trigger	What sensations did you experience?	What moods, feelings, or emotions?	What were your thoughts?	What did you do?
Friday 3/26	*Example: had an argument with a friend*	*Tightness in chest, cold, clammy palms, heart beating fast*	*Anxiety, craving*	*I need something to get me through this. How much cash do I have?*	*Took a walk, later talked with friend about what upset me.*
Saturday 3/27	*Example: woke up in the middle of the night and couldn't sleep*	*Restlessness*	*Irritability*	*Smoking will help me go to sleep.*	*Went outside and smoked.*

THE GUEST HOUSE by Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
Who sweep your house
Empty of its furniture.

Still, treat each guest honorably.
They may be clearing you out
For some new delight.

The dark thought, the shame, the malice.
Meet them at the door laughing,
And invite them in.

Be grateful for whoever comes,
Because each has been sent
As a guide.

Handout: Coping with Withdrawal

The formal practice of mindfulness can help us develop a greater sense of non-reactivity so that thoughts and feelings become more manageable. This way, we are better able to handle life's challenges, including withdrawal and cravings.

CRAVINGS/URGES

Cravings and urges may take a little longer to go away than other withdrawal symptoms, but the longer you are abstinent, the less frequent and less intense they become. Try these tips to manage your urges and cravings:

- SOBER
- Take a few short, deep breaths
- Remember that the urge will pass
- Leave the situation
- Call a supportive friend or family member

IRRITABILITY

- Take a few slow, deep breaths and reconnect with the breath
- Engage in a pleasurable activity
- Soak in a hot bath

HUNGER

- Make a personal survival kit that includes straws, cinnamon sticks, coffee stirrers, toothpicks, sugarless gum, sugarless candy, or fresh vegetables
- Drink water and low-calorie drinks

DIFFICULTY CONCENTRATING

- Allow time to prepare for a task and work up to it
- Take a brisk walk
- Simplify your schedule for a few days
- Take frequent breaks

SADNESS OR FEELING DOWN

- Schedule pleasurable events such as going to a movie, shopping, or visiting a friend
- Talk to a supportive friend or family member
- Be kind to yourself
- Tell yourself that you will get through this
- Reward yourself for working hard at quitting
- Get plenty of rest
- Accept the feeling; don't dwell on it

FATIGUE

- Get an adequate amount of sleep each night
- Pace yourself
- Try not to push yourself; ask for help

Handout: Using the SOBER Breathing Space in Challenging Situations Worksheet

Instructions: In the left column, list any situations (people, locations, relationships, emotions, events) that happen this week that feel challenging, triggering, or high-risk. In the next column, write what you notice about your reactions, especially sensations, or emotions that might be cues for you in the future to take a SOBER space. In the third column, note whether you were able to take a SOBER breathing space, and in the final column, write your response in this situation.

High-risk situations or triggers (people, locations, emotions, events)	**Reactions (sensations, thoughts, feelings that might be cues for taking a SOBER space)**	**SOBER Space? (yes/no?)**	**How did you respond?**

The reactions you listed in the second column may be cues for you to **stop** and take a SOBER space. You may use these reactions as a reminder to step out of an automatic, reactive mode and **observe** your experiences.

Handout: Session 5 Daily Practice

Theme

It can sometimes be challenging to accept what is arising in a particular situation. However, this is often the first step toward taking healthy or positive action in our lives. For example, we might not have control over things that happen to us, emotions that arise, our current job or family situation, or people's behaviors and reactions around us. When we fight against these things, however, we tend to feel frustrated, angry, or defeated, which can be triggers for substance use or other reactive behaviors. When we accept the present as it is, *we are not being passive*; we are allowing what already is without struggle or resistance. This is often a necessary and active first step toward change. The same is true for self-acceptance; it often requires a complete acceptance of ourselves as we are before real change can occur.

Integrating Practice into Your Week

1. Practice **sitting meditation or body scan** daily. Use your Mindfulness Practice Log.

2. Practice **walking meditation at least <u>two times</u> this week**. The purpose of the walking practice is to connect with awareness of the body while in motion. You can practice this formally in private space, walking back and forth along a short path. You might also practice this informally in your daily routine, for example, when walking to the bus stop or walking your dog. If practicing in daily life, you may experiment with moving your attention between sensations of walking, the experience of seeing, the experience of hearing, and observation of the breath, resting your awareness on each for a few moments and continuing to move between them.

3. Practice the **SOBER breathing space** regularly and whenever you notice challenging emotions, sensations, or urges or anytime you notice yourself becoming reactive. Use your SOBER Breathing Space in Challenging Situations worksheet.

4. **Reading on Acceptance**. An excerpt from the book *Radical Acceptance* by Tara Brach is included to support continued exploration of acceptance in daily life.

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	Describe what you did: How many **minutes total**? _____	Describe what you did:	

Handout: An excerpt from the book *Radical Acceptance* by Tara Brach

Chapter 3: THE SACRED PAUSE

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.

This opening to the life
we have refused
again and again
until now.

Until now.
-David Whyte

In the 1950s a few highly trained pilots in the U.S. Air Force were set a life-or-death task—to fly at altitudes higher than ever before attempted. Going beyond the earth's denser atmosphere, they found, much to their horror, that the ordinary laws of aerodynamics no longer existed. As Tom Wolfe describes it in The Right Stuff: "… a plane could skid into a flat spin, like a cereal bowl on a waxed Formica counter, and then start tumbling—not spinning and diving but tumbling end over end."

The first pilots to face this challenge responded by frantically trying to stabilize their planes, applying correction after correction. The more furiously they manipulated the controls, the wilder the ride became. Screaming helplessly to ground control, "What do I do next?" they would plunge to their deaths.

This tragic drama occurred several times until one of the pilots, Chuck Yeager, inadvertently struck upon a solution. When his plane began tumbling, Yeager was thrown violently around the cockpit and knocked out. Unconscious, he plummeted toward earth. Seven miles later, the plane reentered the planet's denser atmosphere, where standard navigation strategies could be implemented. Yeager came to, steadied the craft and landed safely. He had discovered the only lifesaving response that was possible in this desperate situation: Don't *do* anything. You take your hands off the controls. This solution, as Wolfe puts it, was "the only choice you had." It countered all training and even basic survival instincts, but it worked.

In our lives we often find ourselves in situations we can't control, circumstances in which none of our strategies work. Helpless and distraught, we frantically try to manage

what is happening. Our child takes a downward turn in academics, and we issue one threat after another to get him in line. Someone says something hurtful to us, and we strike back quickly or retreat. We make a mistake at work, and we scramble to cover it up or go out of our way to make up for it. We head into emotionally charged confrontations nervously rehearsing and strategizing. The more we fear failure the more frenetically our bodies and minds work. We fill our days with continual movement: mental planning and worrying, habitual talking, fixing, scratching, adjusting, phoning, snacking, discarding, buying, looking in the mirror.

What would it be like if, right in the midst of this busyness, we were to consciously take our hands off the controls? Chuck Yeager had to go unconscious to interrupt the compulsion to control. What if we were to intentionally stop our mental computations and our rushing around and, for a minute or two, simply pause and notice our inner experience?

Learning to pause is the first step in the practice of Radical Acceptance. A pause is a suspension of activity, a time of temporary disengagement when we are no longer moving toward any goal. Unlike the frantic pilots, we stop asking, "What do I do next?" The pause can occur in the midst of almost any activity and can last for an instant, for hours or for seasons of our life. We may take a pause from our ongoing responsibilities by sitting down to meditate. We may pause in the midst of meditation to let go of thoughts and reawaken our attention to the breath. We may pause by stepping out of daily life to go on a retreat or to spend time in nature or to take a sabbatical. We may pause in a conversation, letting go of what we're about to say, in order to genuinely listen and be with the other person. We may pause when we feel suddenly moved or delighted or saddened, allowing the feelings to play through our heart. In a pause we simply discontinue whatever we are doing—thinking, talking, walking, writing, planning, worrying, eating and become wholeheartedly present, attentive and, often, physically still. You might try it now: Stop reading and sit there, doing "no thing," and simply notice what you are experiencing.

A pause is, by nature, time limited. We resume our activities, but we do so with increased presence and more ability to make choices. In the pause before sinking our teeth into a chocolate bar, for instance, we might recognize the excited tingle of anticipation, and perhaps a background cloud of guilt and self-judgment. We may then choose to eat the chocolate, fully savoring the taste sensations, or we might decide to skip the chocolate and instead go out for a run. When we pause, we don't know what will happen next. But by disrupting our habitual behaviors, we open to the possibility of new and creative ways of responding to our wants and fears.

Of course there are times when it is not appropriate to pause. If our child is running toward a busy street, we don't pause. If someone is about to strike us, we don't just stand there, resting in the moment—rather, we quickly find a way to defend ourselves. If we are about to miss a flight, we race toward the gate. But much of our driven pace and habitual controlling in daily life does not serve surviving, and certainly not thriving. It arises from a free-floating anxiety about something being wrong or not enough. Even when our fear arises in the face of actual failure, loss or—like the military pilots—death, our instinctive tensing and striving are often ineffectual and unwise.

Taking our hands off the controls and pausing is an opportunity to clearly see the wants and fears that are driving us. During the moments of a pause, we become conscious of how the feeling that something is missing or wrong keeps us leaning into the future, on our way somewhere else. This gives us a fundamental choice in how we respond: We can continue our futile attempts at managing our experience, or we can meet our vulnerability with the wisdom of Radical Acceptance.

PRECIOUS MOMENTS OF FREEDOM

We learn Radical Acceptance by practicing pausing again and again. At the very moment when we're about to lash out in verbal outrage, we don't. When we feel anxious, instead of turning on the TV or making a phone call or mentally obsessing, we sit still and feel our discomfort or restlessness. In this pause we let go of thinking and doing, and we become intimate with what is happening in our body, heart and mind.

Pausing as a technique may feel unfamiliar, awkward or at odds with our usual way of living. But actually there are many moments—showering, walking, driving—when we release our preoccupations and are simply aware and letting life be. We may pause at seeing the new green in spring; or in the supermarket we may pause to gaze at the freshness of an infant's face. When we finally understand a problem we've been grappling with, our pause may be a sigh as our body and mind relax. At the end of a long day, we may experience a natural pause when we lie down in bed and let everything go.

We can also purposefully pause during regular activities. I often pause before getting out of my car and simply feel what is going on inside me. Sometimes after I hang up the phone, I'll just sit at my desk, breathing, listening, not doing the next thing. Or I might stop cleaning the house for a moment and simply listen to the music I'd put on to keep myself company. We can choose to pause on the top of a mountain or in a subway, while we are with others or meditating alone.

Ajahn Buddhadasa calls these interludes of natural or purposeful pausing *temporary nirvana*. We touch the freedom that is possible in any moment when we are not grasping after our experience or resisting it. He writes that without such moments of pausing, “living things would either die or become insane. Instead, we survive because there are natural periods of coolness, of wholeness and ease. In fact, they last longer than the fires of our grasping and fear. It is this that sustains us."

The pauses in our life make our experience full and meaningful. The well-known pianist Arthur Rubinstein was once asked, "How do you handle the notes as well as you do?" His response was immediate and passionate: "I handle notes no better than many others, but the pauses—ah! That is where the art resides." Like a rest note in a musical score, the pure stillness of a pause forms the background that lets the foreground take shape with clarity and freshness. The moment that arises out of the pause can, like the well-sounded note, reflect the genuineness, the wholeness, the truth of who we are.

Pausing is the gateway to Radical Acceptance. In the midst of a pause, we are giving room and attention to the life that is always streaming through us, the life that is habitually overlooked. It is in this rest under the bodhi tree that we realize the natural freedom of our heart and awareness. Like the Buddha, rather than running away, we need only commit ourselves to arriving, here and now, with wholehearted presence.

Guided Reflection: The Sacred Pause

The sacred pause helps us reconnect with the present moment. Especially when we are caught up in striving and obsessing and leaning into the future, pausing enables us to reenter the mystery and vitality only found here and now.

Choose a time when you are involved in a goal-oriented activity—reading, working on the computer, cleaning, eating—and explore pausing for a moment or two. Begin by discontinuing what you are doing, sitting comfortably and allowing your eyes to close. Take a few deep breaths and with each exhale let go of any worries or thoughts about what you are going to do next; let go of any tightness in the body.

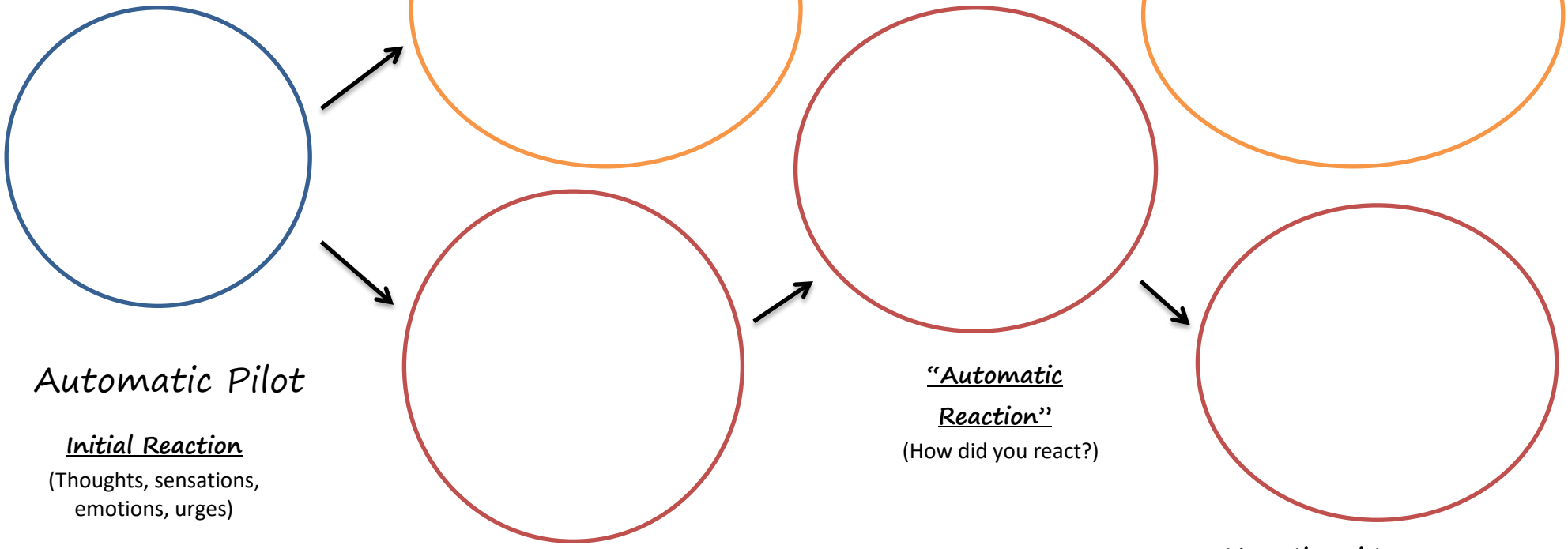
Now notice what you are experiencing as you inhabit the pause.
What sensations are you aware of in your body? Do you feel anxious or restless as you try to step out of your mental stories? Do you feel pulled to resume your activity? Can you simply allow, for this moment, whatever is happening inside you?

You can weave the sacred pause into your daily life by pausing for a few moments each hour or as you begin and end activities. You can pause while sitting, standing or lying down. Even in motion—going for a walk or driving —you can pause internally, eyes open and senses awake. Whenever you find you are stuck or disconnected, you can begin your life fresh in that moment by pausing, relaxing and paying attention to your immediate experience.

Experiment by choosing one thing you do daily and make a weeklong commitment to pause before beginning this activity. It might be brushing your teeth, making a phone call, getting out of the car, taking a sip of tea, turning on your computer. Each time, take a few moments to pause, relax and bring awareness to what is happening within you. After you have completed the pause, notice if anything has changed when you return to doing.

Handout: Relapse Cycle Worksheet

Think of a situation that has led to relapse in the past or a situation you imagine might be risky for you. Write the trigger, the initial reaction that followed, and the events along each possible path in the circles below. How might you respond differently?



Handout: Session 6 Daily Practice

Theme

We have had a lot of practice noticing our minds wandering. We have practiced gently returning the focus of attention to the breath or body sensations. Now we want to intentionally turn our focus to our thoughts and begin to experience thoughts as just words or images in the mind that we may or may not choose to believe. In this session, we discuss the role of thoughts in the relapse process and what happens when we believe these thoughts.

Integrating Practice into Your Week

1. Choose **your own practice** from the set of practices we've learned so far. Note your practice on the Daily Practice Tracking Sheet. Consider practicing mindful movement several times.

2. Practice the **SOBER breathing space** regularly and whenever you notice challenging emotions, sensations, and urges or anytime you notice yourself becoming reactive. Note your practice on the Mindfulness Practice Log.

SOBER

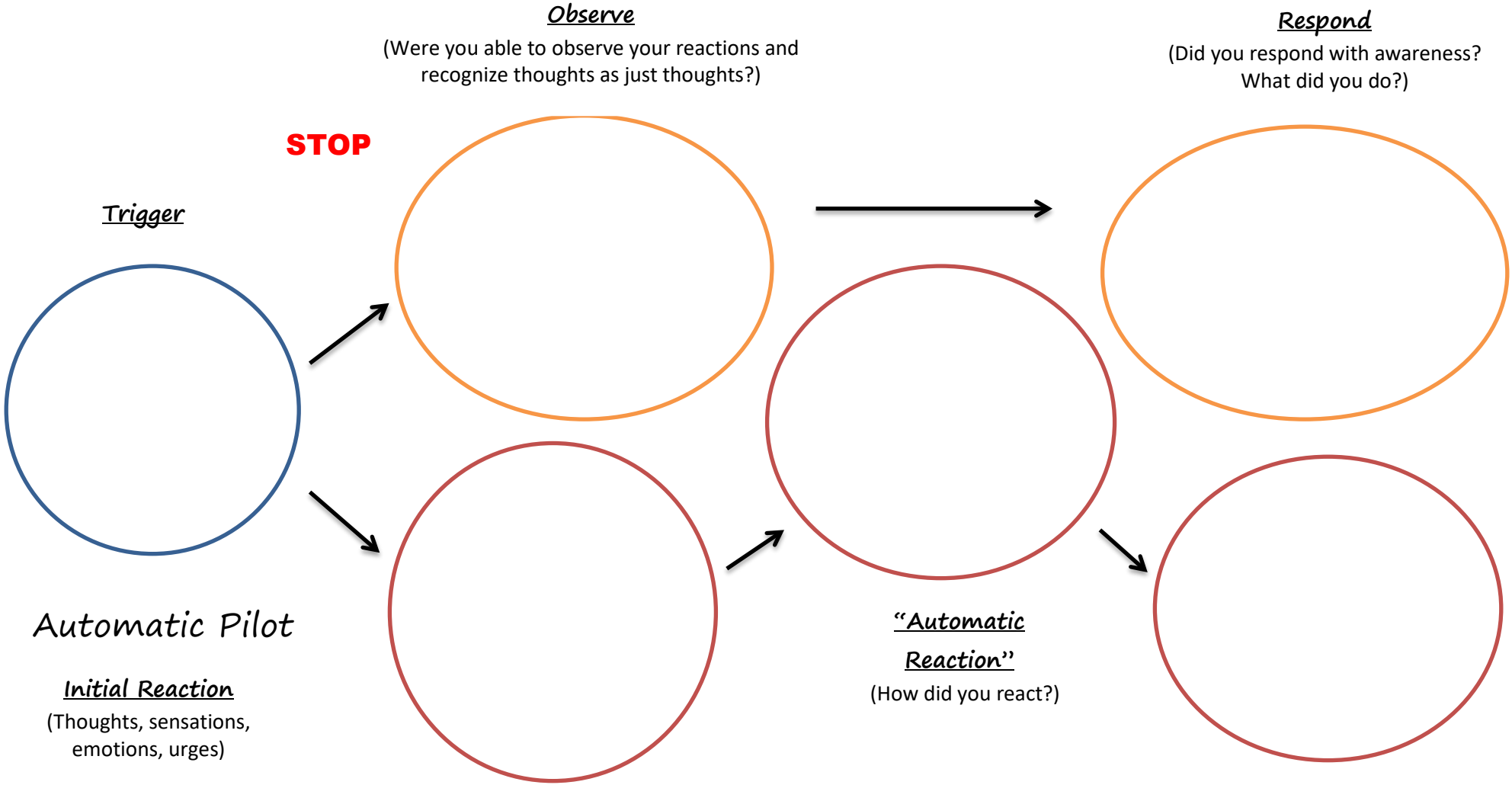
3. Complete the **Relapse Cycle Worksheet.** Three copies are provided for you.

MINDFULNESS PRACTICE LOG

Date	Formal Mindfulness with Audio Recording	Mindfulness of Daily Activities	Observations/Comments/Challenges
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	

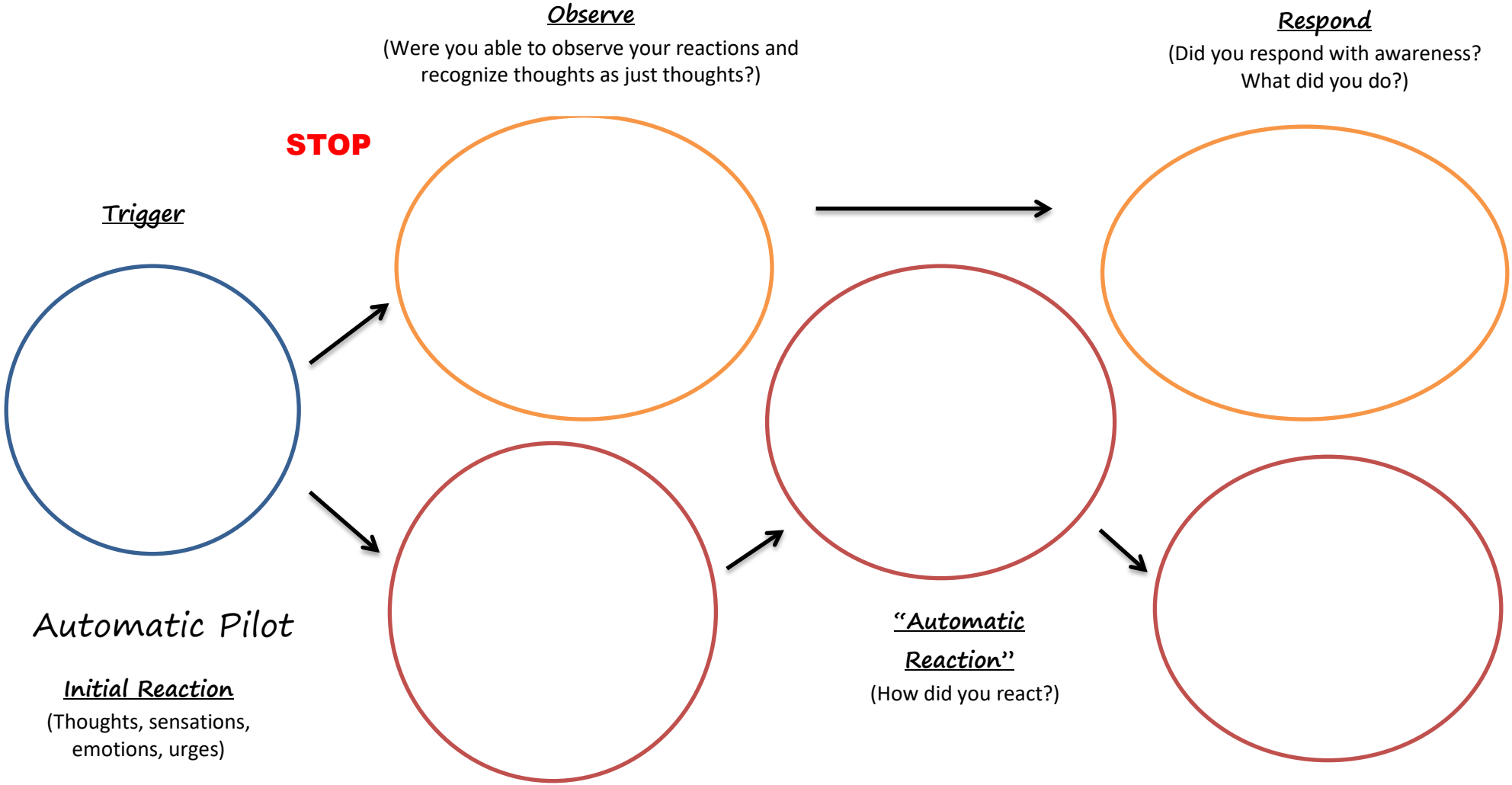
Handout: Relapse Cycle Worksheet

Think of a situation that has led to relapse in the past or a situation you imagine might be risky for you. Write the trigger, the initial reaction that followed, and the events along each possible path in the circles below. How might you respond differently?



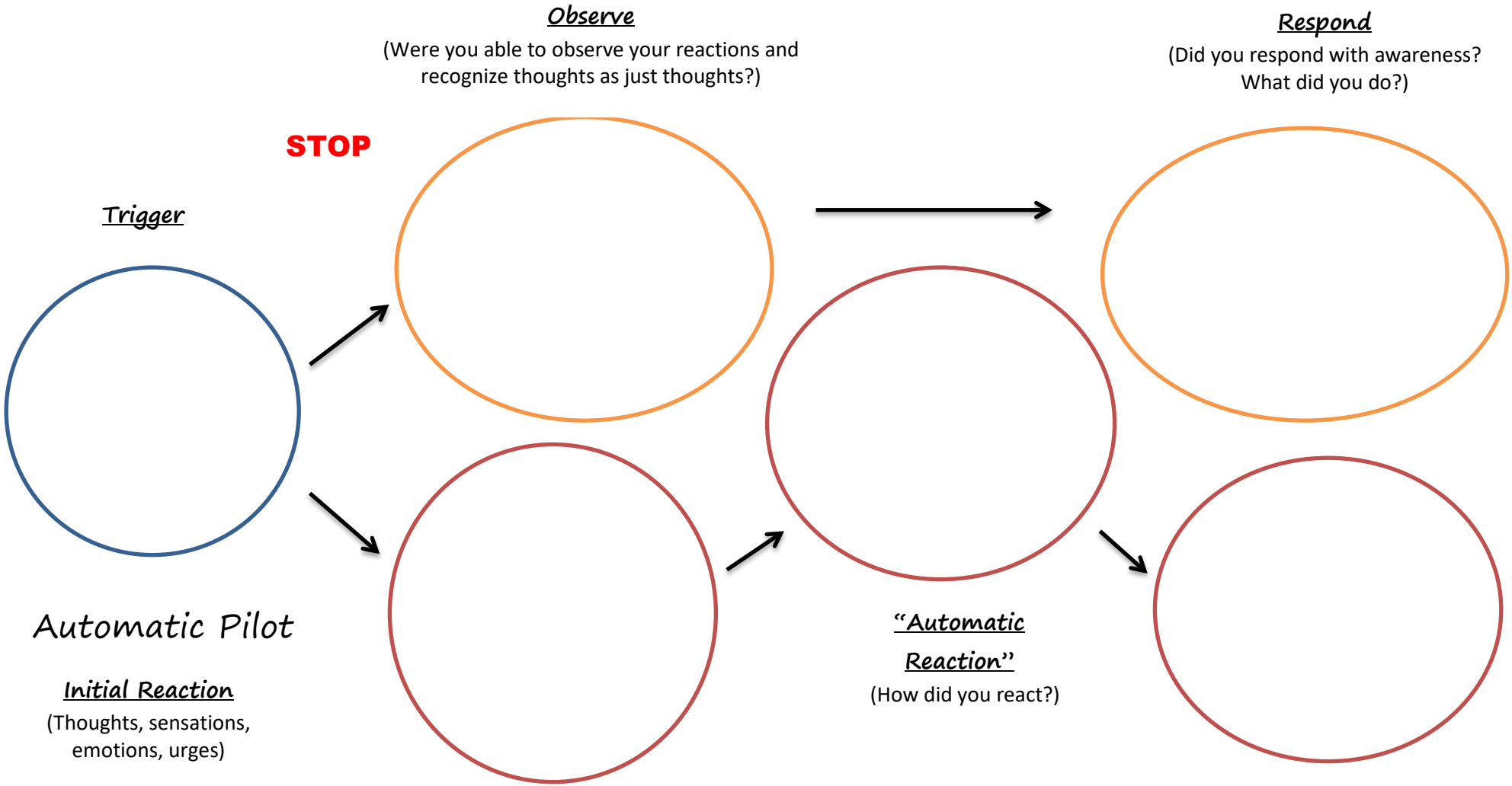
Handout: Relapse Cycle Worksheet

Think of a situation that has led to relapse in the past or a situation you imagine might be risky for you. Write the trigger, the initial reaction that followed, and the events along each possible path in the circles below. How might you respond differently?



Handout: Relapse Cycle Worksheet

Think of a situation that has led to relapse in the past or a situation you imagine might be risky for you. Write the trigger, the initial reaction that followed, and the events along each possible path in the circles below. How might you respond differently?



Handout: Daily Activities Sheet (Activity #1)

1. List activities, people and situations that you associate with **distress**, and **challenging emotions** or that increase **self-doubt**, and describe how you tend to feel when you engage in these activities.

Activity, person, place, or situation	How do you tend to feel?

2. List activities, people, and situations that you associate with **pleasure** or that increase your **confidence** that does not involve substance use. Note how you tend to feel when engaged in these activities.

Activity, person, place, or situation	How do you tend to feel?

Handout: Session 7 Daily Practice

Theme

We have spent several weeks paying close attention to the specific situations, thoughts, and emotions that put us at risk for relapse. Taking care of ourselves and engaging in nourishing activities are crucial parts of recovery. In this session, we take a look at the broader picture of our lives and identify aspects that support a healthier, more vital life as well as those that put us at risk. Lifestyle balance and compassion for oneself can be essential elements of a healthy and fulfilling life.

Integrating Practice into Your Week

1. **Among all the different forms of practice, choose a pattern you intend to use on a regular basis** (e.g., sitting three times per week and body scan three times per week or simply sitting six times per week). Engage in your chosen program this week.

2. Practice the **SOBER breathing space three or more times a day** (regular times and whenever you notice unpleasant thoughts, feelings, or cravings).

SOBER

3. **Engage in at least <u>three</u> nourishing activities** that you have marked on your Daily Activities Worksheet.

MINDFULNESS PRACTICE LOG

Date	Formal Mindfulness with Audio Recording	Mindfulness of Daily Activities	Observations/Comments/Challenges
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	

Handout: Session 8 Daily Practice

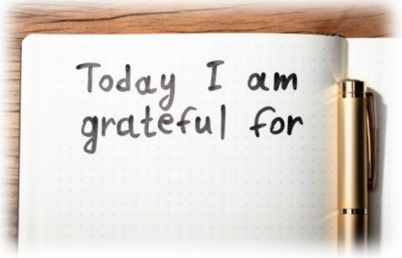
Theme

Building off the previous week, we expand upon taking care of ourselves by bringing awareness to things in our lives that are nourishing and supportive. The role of acceptance when we are faced with situations outside of our control is a focus of this week. Understanding how we respond when discomfort arises and skillfully managing such experiences is an important part of maintaining goals around quitting smoking and alcohol use.

Integrating Practice into Your Week

1. **Among all the different forms of practice, choose a pattern you intend to use on a regular basis** (e.g., sitting three times per week and body scan three times per week or simply sitting six times per week). Engage in your chosen program this week.

2. **Practice** gratitude by doing one of the following:
    a. Listening to the **Gratitude Meditation**
    b. Each evening this week, write down **3 Good Things** that happened to you that day



3. Practice the **SOBER breathing space** whenever you notice unpleasant thoughts, feelings, or cravings.

4. Finish **filling out the reminder card**, if you haven't already done so.

Handout: Reminder Card

✂ Cut

REASONS TO MAINTAIN SMOKING AND ALCOHOL GOALS

1

2

3

4

5

SOBER BREATHING SPACE

1 Stop – pause wherever you are

2 Observe – notice what's going on right now

3 Breath – direct focus to your breathing

4 Expand – your awareness

5 Respond – with awareness

CONTACT NUMBERS

1 Crisis Center of Tampa Bay 2-1-1

2

3

4

5

ALTERNATIVE PLANS/ACTIVITIES

1

2

3

4

5

MINDFULNESS PRACTICE LOG

Date	Formal Mindfulness with Audio Recording	Mindfulness of Daily Activities	Observations/Comments/Challenges
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
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	Describe what you did: How many **minutes total**? _____	Describe what you did:	
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	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	

Three Good Things

Each day, briefly write down 3 good things that happened to you.

Day 1

1. _____
2. _____
3. _____

Day 2

1. _____
2. _____
3. _____

Day 3

1. _____
2. _____
3. _____

Day 4

1. _____
2. _____
3. _____

Day 5

1. _____
2. _____
3. _____

Day 6

1. _____
2. _____
3. _____

Day 7

1. _____
2. _____
3. _____

PARADOX

It is a paradox that we encounter so much internal noise
when we first try to sit in silence.

It is a paradox that experiencing pain releases pain.

It is a paradox that keeping still can lead us
so fully into life and being.

Our minds do not like paradoxes. We want things
to be clear, so we can maintain our illusions of safety.
Certainty breeds tremendous smugness.

We each possess a deeper level of being, however,
which loves paradox. It knows that summer is already
growing like a seed in the depth of winter. It knows
that the moment we are born, we begin to die. It knows
that shadow and light are always together,
The visible mingled with the invisible.

When we sit in stillness we are profoundly active.
Keeping silent, we can hear the roar of existence.
Through our willingness to be the one we are,
We become one with everything.[2]

[2] From *Sharing Silence: Meditation Practice and Mindful Living* by Gunilla Norris. Copyright 1992 by Gunilla Norris. Used by permission of Harmony Books, a division of Random House, Inc.

Handout: Session 9 Theme – Social Support and Continuing Practice

Using the mindfulness skills we've learned over the past 9 weeks can help us face our experiences differently; we can accept the experience instead of fighting it, and from there make choices that are coming from a wiser, more spacious place. This moment by moment journey of recovery and mindfulness practice can feel, at times, like swimming upstream. It is not an easy voyage. Thus far, we have learned about the factors that put us at risk, some skills to help navigate through high-risk situations, and the importance of maintaining lifestyle balance.

Participating in this group has also hopefully provided a sense of support and community. Having a support network is crucial to continuing along the path of practice and recovery. Having a recovery support system can help us recognize signs of relapse and provide encouragement when we feel we are at risk. Having support around our meditation practice can help us maintain our practice and choose to show up for our lives.

There are many things we do not have control over and many things that may not go "our way." We do have a choice, however, in how we respond and how we experience our lives. Practicing mindfulness on a regularly basis helps us be less automatic and reactive and more aware in our choices, ultimately giving us greater freedom. Taking care of ourselves and engaging in activities that nourish us is part of maintaining balance in our lives and helping protect against relapse. Maintaining a practice is not easy. Difficulties and barriers will arise. Be gentle with yourself. Remember that any practice is good practice; you can always begin again from right where you are.

Handout: Resource List

Websites

- Mindfulness-Based Relapse Prevention Audio Guided Meditations: https://practicembrp.com/ https://www.mindfulrp.com/for-clients
- Downloadable meditation teachings and instruction from Dharma Seed: www.dharmaseed.org
- Meditation instructions, including mindfulness of breath and lovingkindness or compassion meditation: www.lisadalemiller.com
- Meditation CDs and tapes developed by Jon Kabat-Zinn for the MBSR program: https://www.mindfulnesscds.com/collections/cds
- Teachings, discussions, resources, listings of retreats: https://www.againstthestream.com/
- Links and articles relevant to meditation and recovery: www.buddhistrecovery.org
- Meetings and resources related to mindfulness and recovery: https://recoverydharma.org/
- Mindfulness Based Cancer Recovery: https://www.mindfulcancerrecovery.com/
- Mindful Chair Yoga by Corey Roos: https://www.youtube.com/playlist?list=PLgY2pkeXHVlHYv3aA6eaP_i8XAeIw7pCF

Books

- *Dharma Punx: A Memoir*, by Noah Levine. New York: Harper San Francisco, 2003.
- *Insight Meditation: The Practice of Freedom,* by Joseph Goldstein. Boston: Shambhala, 1993.
- *The Mindful Path to Self-compassion: Freeing Yourself from Destructive Thoughts and Emotions,* by Christopher K. Germer. New York: Guilford Press, 2009
- *Mindful Recovery: A Spiritual Path to Healing from Addiction,* by Thomas Bien and Beverly Bien. New York: Wiley, 2002.
- *The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life,* by Susan M. Orsillo and Lizabeth Roemer. New York: Guilford Press, 2011.
- *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness,* by J. Mark G. Williams, John D. Teasdale, Zindel V. Segal, and Jon Kabat-Zinn. New York: Guilford Press, 2007.
- *The Mindfulness Solution: Everyday Practices for Everyday Problems,* by Ronald D. Siegel. New York: Guilford Press, 2010.
- *The Miracle of Mindfulness: An Introduction of the Practice of Meditation,* by Thich Nhat Hanh. Boston: Beacon Press, 1987.
- *One Breath at a Time: Buddhism and the Twelve Steps,* by Kevin Griffin. Emmaus, PA: Rodale, 2004.

- A *Path with Heart: A Guide through the Perils and Promises of Spiritual Life,* by Jack Kornfield. New York: Bantam, 1993.
- *Radical Acceptance: Embracing Your life with the Heart of a Buddha,* by Tara Brach. New York: Bantam, 2003
- *Seeking the Heart of Wisdom: The Path of Insight Meditation,* by Joseph Goldstein and Jack Kornfield. Boston: Shambhala, 1987
- *Start Where You Are: A Guide to Compassionate Living,* by Pema Chodron. Boston: Shambhala, 1994
- *When Things Fall Apart: Heart Advice for Difficult Times,* by Pema Chodron, Boston: Shambhala, 1997
- *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life,* by Jon Kabat-Zinn. New York: Hyperion, 1994.

Local Mindfulness Center in Tampa area

- *Florida Community of Mindfulness;* 6501 N. Nebraska Ave, Tampa, FL 33604: https://floridamindfulness.org/

Smartphone Applications

- Insight Timer
- 3 Good Things
- Headspace
- Plum Village

Referrals

Phone and Website Resources

Quit line – Center for Disease Control and Prevention

Services for adults. Offers one-on-one immediate support or coaching with a smoking counselor over the phone. The staff are counselors who are trained to help smokers quit. They will provide you with helpful information, advice, and support.
Call: 1-800-QUIT-NOW or 1-800-784-8669
Visit: www.cdc.gov/quit

211 - Helpline

Services for those in times of crisis. Help can range from needing assistance with a variety of issues ranging from basic needs such as food, shelter, and utility assistance to employment, disabilities, the elderly, and childcare.
Call: 211
Visit: https://www.helplinecenter.org/2-1-1/

National Suicide Prevention Lifeline

Suicide prevention for anyone. Immediate aid for those in emotional distress or suicidal crisis. Staff are available 24/7 to support callers and provide advice. Entirely Confidential.
Call: 1-800-273-8255 or 988
Visit: https://suicidepreventionlifeline.org/

Tobacco Free Florida

Will help with setting up an official quit date and provide tips and tricks to stick with it! They also provide information on the cost of smoking, withdraw symptoms, and others.
Call: 850-245-4144 or 877-822-6669
Visit: https://tobaccofreeflorida.com/
Email: media@tobaccofreeflorida.com

Community Organizations and Treatment Centers

Northeast Florida (Alachua, Duval, Clay)

Florida Department of Health Bureau of Tobacco Free Florida

Services for anyone looking to quit smoking. Branch location for the Tobacco Free Florida campaign.
Address: 224 SE 24th Street, Gainesville, FL 32641
Call: 352-334-7900
Visit: https://www.tobaccofreealachua.org/
Email: info@tobaccofreealachua.org

Smoking Cessation Wellness Retreat

Retreat for those looking to quit smoking in a group setting.
Call: 877-209-5166 or 727-230-2028
Visit: https://www.smokingcessationretreat.com/retreat-locations.html

Suwannee River - Area of Health Education Center (SRAHEC)

Offers two types of Group Quit programs - a one-time 2-hour session and multiple sessions over 4-weeks, available virtually or in-person. Several branch locations for the Tobacco Free Florida campaign.
Address: 14646 NW 151st Blvd, Alachua, FL 32615
Call: 866-341-2730
Visit: https://srahec.org/group-cessation/
Email: tobacco@srahec.org

Lake Butler Hospital – We Are Free Support Class

Offers in-person or telephone assessments with a Tobacco Treatment Specialists. Services include free smoking cessation classes and nicotine replacement therapies for patients.
Address: 850 East Main Street, Lake Butler, FL 32054
Call: 386-496-2323
Visit: https://cancerresourceguidencf.org/listings/lake-butler-hospital-we-are-free-support-class/

UF Health

Programs for smokers 18+ in which they offer free nicotine replacement therapy, carbon monoxide monitoring, and group counseling sessions.
Address: 1707 North Main Street, Gainesville, Fl, 32609
Call: 352-265-9569
Visit: https://tobaccofree.ufl.edu/

Northwest Florida (Walton, Santa Rosa, Jackson, Liberty)

West Florida Area Health Education Center (AHEC)

Many programs throughout the Northwest area of Florida that host smoking cessation groups. Provide the nearest groups by entering your county.
Address: 1455 S Ferdon Blvd # B1, Crestview, FL 32536
Call: 850-682-2552
Visit : https://westfloridaahec.org/tobacco/
Email: info@wfahec.org

Florida State University College of Medicine

Aid in finding smoking cessation groups for those throughout the northwest Florida area. Paired with the TobaccoFreeFlorida organization.
Address: College of Medicine 1115 West Call Street, Tallahassee, FL 32306
Call: 850-644-1855 or 850-645-9765
Visit: https://med.fsu.edu/ahec/resources

Email: rebecca.carter@med.fsu.edu

Central Florida (Osceola, Brevard, Citrus)

Orlando Health

Orlando based smoking cessation free four-week program that provides both tools and services. Pre-registration is required.
Address: Many locations in the central Florida area include the following:
- 1900 Don Wickham Dr., Clermont, 3471152 West Underwood St., Orlando, 32806
- 521 West S.R. 434 Longwood, 32750
- 10000 W. Colonial Drive, Ocoee, 34761
- 2906 17th Street, St. Cloud, 34769

Call: 877-252-6094
Visit: https://www.orlandohealth.com/content-hub/smoking-cessation-classes
Email: CenterforHealthImprovement@OrlandoHealth.com

Florida Behavioral Health Orlando

Specialists help create a personalized smoking cessation plan for each participant.
Address: Many locations in the central Florida area
- 10967 Lake Underhill Road, Suite 113 Orlando, FL 32825
- 743 Stirling Center Place Suite 1709 Lake Mary, FL 32746
- 10125 West Colonial Blvd Suite 212 Ocoee, FL 34761
- 321 W Oak Street Kissimmee, FL 34741
- 1530 Celebration Blvd Suites 405 Celebration FL 34747

Call: 407-787-9777
Visit: https://lifestance.com/welcome/florida-behavioral-health/

Florida Area Health Education Center

In partner with Tobacco Free Florida. Offers multiple locations all throughout Florida to help those quit smoking.
Address: 328 S Central Ave Apopka, FL 32703
Call: 1-877-848-6696
Visit: http://www.ahectobacco.com/Email: tobacco@ahec.ufl.edu

Suncoast Region (Tampa Bay, Pinellas, Sarasota)

Tampa Crossroads

Services for adults. Offers housing support, mental health, substance use, family support, residential treatment for women, vocational rehab, and Veteran supports.
Address: Hillsborough County 5109 N. Nebraska Ave. Tampa 33603
Call: 813-238-8557
Visit: https://tampacrossroads.com/

Phoenix House

Services for adolescents and adults. Offers crisis stabilization unit, outpatient counseling, mother/child residential, detoxification, sober living with outpatient support, and Veteran services.
Address: Many locations in the Suncoast and central Florida area:
- 510 Vonderburg Dr #301, Brandon, FL 33511
- 2103 N Rome Ave, Tampa, FL 33607
- 15681 US-301, Citra, FL 32113

Call: 888-671-9392 or 813-957-9639
Visit: https://phoenixfl.org/
Email: fladmissions@phoenixfl.org

Cove Behavioral Health (Formerly known as DACCO)

Offers residential treatment services, aftercare, screening/assessment, individual and group counseling, family intervention, drug education and prevention programs, adolescent outpatient services, employment services, case management. Specialty areas include drug and alcohol abuse, methadone and buprenorphine services
Address: 4422 E Columbus Dr, Tampa, FL 33605
Call: 813-384-4000 or 1-813-359-0827
Visit: http://www.covebh.org
Email: info@covebh.org

South Florida (West Palm, Collier, Lee, Broward, Indian River)

Everglades Area Health Education Center Tobacco Program

Offers free, group-based cessation services and support through Tobacco Free Florida. Can be contacted for information on quitting smoking, vaping, or community partnership.
Address: 5725 Corporate Way, Suite 102 West Palm Beach, FL 33407
Call: 561-688-9591 or 1-877-819-2357
Visit: https://eahec.org/
Email: tobacco@ahec.ufl.edu

UHealth University of Miami Health Systems- Miller School of Medicine

Offers BeSmokeFree classes at multiple locations around the South Florida Area
Address: 1600 NW 10th Avenue, Suite 1149 Miami, FL 33136
Call: 305- 243-2847
Visit: https://med.miami.edu/lp/quit-smoking
Email: quitsmoking@med.miami.edu

Nova Southeastern University Guided Self-Change (GSC) Program

Specialists help participants in the community set their own quit date and provide tips and Tricks to stick with it.
Address: 3151 College Avenue, Davie, FL, 33314
Call: 954-262-5860 or 954-262-5922
Visit: https://www.nova.edu/guided-self-change/index.html
Email: gsc@nova.edu

IF YOU STARTED WITH 14MG PATCHES, USE THE FOLLOWING GUIDELINES

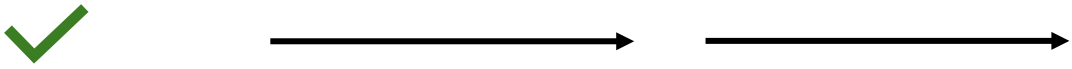
What you've completed:

STEP 1 - You've been using the 14 mg nicotine patch every day for 4 weeks so far.

What's next:

STEP 2 - Continue to use the 14 mg nicotine patch every day for 2 more weeks.

STEP 3 - You will then decrease the dose to 7 mg and wear this patch every day for 4 weeks and then **stop.**



STEP 1	STEP 2	STEP 3
Use one 14 mg patch a day	Use one 14 mg patch a day	Use one 7 mg patch a day
(4 weeks total)	**(2 weeks total)**	**(4 weeks total)**

Completing the full program will increase your chances of quitting successfully.

IF YOU STARTED WITH 21MG PATCHES, USE THE FOLLOWING GUIDELINES

What you've completed:

STEP 1 - You've been using the 21 mg nicotine patch every day for 4 weeks so far.

What's next:

STEP 2 - Continue to use the 21 mg nicotine patch every day for 2 more weeks.

STEP 3 - You will then decrease the dose to 14 mg and wear this patch every day for 2 weeks.

STEP 4 - You will then decrease the dose to 7 mg and wear this patch every day for 2 weeks and then **stop.**

STEP 1	STEP 2	STEP 3	STEP 4
Use one 21 mg patch a day	Use one 21 mg patch a day	Use one 14 mg patch a day	Use one 7 mg patch a day
(4 weeks total)	**(2 weeks total)**	**(2 weeks total)**	**(2 weeks total)**

Completing the full program will increase your chances of quitting successfully.

Handout: Session 9

Theme

Using the mindfulness skills we've learned in this course can help us face our experiences differently; we can accept the experience instead of fighting it, and from there make choices from a wiser, more spacious place. This moment-by-moment journey of recovery and mindfulness practice can feel, at times, like swimming upstream. It is not an easy voyage. But we are fully capable of it.

Thus far, we have learned about the factors that put us at risk, some skills to help navigate through high-risk situations, and the importance of maintaining overall well-being. Participating in this group has also hopefully offered a sense of support and community. Having a support network is crucial to continuing on the path of practice and recovery. It can help us recognize the signs of relapse and provide encouragement when we feel we are at risk. Having support around our meditation practice can help us maintain our practice and choose to show up for our lives.

There are many things we do not have control over and many things that may not go "our way." We do have a choice, however, in how we respond and how we experience our lives. Practicing mindfulness on a regular basis helps us be less reactive and more aware in our choices, ultimately giving us greater freedom. Taking care of ourselves and engaging in activities that nourish us is part of maintaining balance in our lives and helping protect against relapse. Maintaining a practice is not easy. Difficulties and barriers will arise. Be gentle with yourself. Remember that any practice is good practice; you can always begin again from right where you are.