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.