

Overview of Sessions

SESSION 1: REASONS FOR SMOKING AND DRINKING AND BENEFITS OF QUITTING SMOKING

In this first session, we discuss the reasons we smoke and drink and the reasons that we want to change those habits. We will reflect on past successful attempts to change an unwanted behavior. We will also learn about nicotine and other hazards to our health. Finally, we will discuss the benefits of quitting smoking.



SESSION 2: IDENTIFYING & COPING WITH HIGH-RISK SITUATIONS

We focus on recognizing triggers/high-risk situations and moods that have previously been associated with substance use. We explore ways to cope with the intense feelings that come up in high-risk situations including enlisting support, strengthening our motivation to quit, and managing our emotions.

SESSION 3: PREPARING FOR LIFE WITHOUT CIGARETTES

The focus is on understanding our feelings surrounding quitting and preparing to cope with the daily stresses of life after quitting. We learn strategies for managing stress in our lives.



SESSION 4: STRESS MANAGEMENT AND PREPARING FOR QUIT DAY

This session continues the focus on stress management, including worry. We also prepare for Quit Day with helpful tips about preparing our environment, substitutes for smoking and drinking, and using the nicotine patch.

SESSION 5: PREPARING FOR SUCCESS BY ANTICIPATING CHALLENGES

The focus is on learning how to cope with immediate challenges like withdrawal from nicotine and future challenges like lapses. By anticipating these challenges we can be prepared to ride them out.



SESSION 6: CONTINUE TO IDENTIFY HIGH-RISK SITUATIONS AND COPING STRATEGIES

We identify personal high-risk situations for relapse and discuss ways to cope with those situations. We talk about how to respond to any slips or lapses. This includes discussion of broader lifestyle choices, balance, and the importance of including nourishing activities as part of a full, healthy life style.

SESSION 7: MANAGING WEIGHT GAIN AND LOOKING TO FUTURE THREATS TO ABSTINANCE

This session focuses on why some people gain weight after quitting smoking. We learn ways to minimize or avoid weight gain. We also anticipate future possible risks of relapse and how to prepare to cope and to put weight gain in perspective with respect to quitting smoking.



SESSION 8: PREPARING FOR TREATMENT END AND A SMOKE-FREE FUTURE

In this final session, we review skills and practices learned in this group and discuss the importance of building a support system, anticipating triggers, and preparing to cope. We reflect on what we learned and share our individual plans for our future healthier lifestyle.

