

Nicotine Anonymous 1-877-TRY-NICA (1-877-879-6422)
Internet Address: www.nicotine-anonymous.org

Smokefree.gov (Online materials, including info on state QuitLines)
Internet Address: www.smokefree.gov

Chapter 4: Refusing cigarettes

Objectives for this Chapter:

- Increase the group's awareness of assertion and how to use it when refusing cigarettes
- Allow members to practice refusing cigarettes

After reading this section, individuals will be able to:

- Consider the options they have when confronted with choosing cigarettes
- Practice techniques and tips that will help them to refuse cigarettes in high-risk situations

Suggested Approach:

Do role-playing to help consumers go through the refusal skills steps. Put your consumers into teams of 2 or 3 and assign one or two of them the goal of persuading the other(s) to smoke cigarettes. The consumer in the role play who is being "persuaded" to smoke has to practice refusing the offer. After the exercise, lead your consumers in a discussion of the refusal skills used. Now repeat the exercise assigning different roles to each consumer in the groups. Allow consumers to coach each other with suggestions about how to handle these situations.

Chapter 5: Dealing with setbacks

Objectives for this Chapter:

- Educate participants about relapses to avoid them feeling shame or disappointment
- Remind the group that setbacks are common and most smokers try to quit a number of times before they are able to quit for good.