

Saying No to Cigarettes



The most common reason that people go back to smoking after quitting is because they saw another smoker or were offered a cigarette by a smoker.

Therefore, it's a good idea to plan 'how' to say no when this happens (and it will happen eventually!).

Practice in this group or in front of a mirror what you would say if someone offered you a cigarette.

Examples:

- ✓ 'No thanks Dan, I don't smoke anymore'
- ✓ 'Thanks for offering Dan, but I quit smoking and don't want to smoke ever again'
- ✓ 'No thank you Dan, I'm a non-smoker now'

Besides practicing by yourself, you can practice role-play situations in this group. You can practice how to say no to cigarettes and practice other high-risk situations that make you want to smoke. To assist in learning how to refuse cigarettes, use these five steps in refusal skills:

- ✓ Ask questions
- ✓ Recognize when you're in trouble
- ✓ Think about the consequences
- ✓ Suggest other activities
- ✓ Get out of there

Ask yourself these questions

- ✓ Is it really possible for me to have just one cigarette?
- ✓ Do I really want this cigarette enough to give up on everything I have been working on?
- ✓ Can I wait for 7 minutes and see if the urge passes?

Recognize when you're in trouble

One cigarette will probably lead to many more!

I always end up smoking when I am:

List a place: _____

List a person: _____

Think about the consequences

I will start coughing again if I smoke.

I will start spending \$_____ per week on cigarettes if I start smoking again.

I have been enjoying using that money I have saved on:

Other activities I can suggest to do instead of smoking:

- Let's go for coffee
- Let's go indoors and talk
- Let's go for a bike ride
- Other suggestions:

1. _____

2. _____

3. _____

Get out of there!

If you feel tempted to smoke, GET OUT OF THERE!

I will leave now and go to a non-smoking place:

SAY NO THANKS!

Who are some people in your life who you could imagine offering you a cigarette in the future?

1. _____
2. _____
3. _____

What are some things you can say if people offer you cigarettes?

1. _____
2. _____
3. _____