Quit Plan!

CHOOSING THE BEST ROUTE FOR YOU
1. Nicotine Replacement Therapy (NRT)
   Cold Turkey or taper
   Preparation Period or Get to It

MAKE A PLAN THAT CONSIDERS THE WHOLE PROCESS
2. What are your biggest triggers?
   How will you move through these when you find yourself up against one?
   What hidden scripts do you have?

CHOOSING A QUIT DATE
3. Use the time between now and your quit date.
   -Begin training to become a non-smoker
   -Break routines
   -Get rid of smoking related stuff
   -Clean your car/house
   -The 3 Rs -Remind yourself why you are quitting
     Refuse to let negative thoughts take over your brain
     Rehearse difficult situations ahead

STAYING ON TRACK
4. Watch out for days 3, 4, & 5.
   Don’t fear the Soap Opera Moment - it is just a thought that you are
   attached to.
   Don’t fall for the just once thinking - you go back a pro.

THE 4 MAJOR DANGER ZONES
(1) The feeling something is missing, (2) Stress, (3) Social Situations, (4) Weight Gain.

STRESS CAN BE A PROBLEM IN TWO WAYS
(1) Sudden Shock, (2) Stressors @ work/home, (3) Living under the cloud of stressful thought habits.