

nicotine from wearing off or immediately wanting a cigarette when they wake up in the morning.

- Although nicotine is addicting it is not a carcinogen or cancer-causing chemical. Many of the other components of tobacco smoke are far more dangerous than nicotine. This explains why we can safely use nicotine as a medication to help people.

## **Chapter 11:**

### **What are my smoking patterns?**

#### **(Consumer's Handouts Section 5: Chapter 11)**

#### **Objectives for this Chapter:**

- To understand that smokers have usual patterns of smoking, which are the times, situations, actions and things that make them want to smoke.

#### **After reading this section, individuals will be able to:**

- Understand that smokers have patterns of usual behaviors that are linked to smoking. These common situations, almost automatically encourage someone to have a cigarette.
- Recognize and identify their most common smoking patterns.

#### **Suggested Approach:**

- Have each group member name a time and/or behavior that they always do when they light up their cigarette. Encourage others to identify similar behaviors.
- Discuss which smoking patterns would be easy or hard to change.
- Suggest that group members try to change one smoking pattern that they are currently doing.
- All group members to help make suggestions on what else the person can do to break that smoking pattern.

## **Chapter 12:**

### **How can I better manage stress?**

#### **(Consumer's Handouts Section: Chapter 12)**

#### **Objectives for this Chapter:**

- Discuss better ways to handle stress that can be incorporated into all of our lifestyles.
- Learn a new skill for stress management: deep natural breathing.