

After reading this section, individuals will be able to:

- To review a list of new coping strategies for dealing with stressful situations.
- Understand that they should choose what coping strategies they feel will work best for them, then try it instead of smoking

Suggested Approach:

- Ask group if they are satisfied using smoking as their main/ only/ primary coping mechanism.
- Discuss how it will feel to try new coping strategies.
- Encourage group to review list of new coping skills or think of others that they would like try.

Chapter 18:

**What happens when I quit smoking without help? (cold turkey)
(Consumer's Handouts Section 5: Chapter 18)**

Objectives for this Chapter:

- To teach group that quitting cold turkey causes many unpleasant withdrawal symptoms.

After reading this section, individuals will be able to:

- Understand that most smokers have a physical addiction to smoking.
- Recognize that when they stop smoking, that they will develop nicotine withdrawal symptoms.

Suggested Approach:

- Ask group how it felt to experience nicotine withdrawal.
- Help group to understand that nicotine withdrawal can be prevented or minimized if they use medications for future quit attempts.

Chapter 19:

**How do medications help me quit smoking?
(Consumer's Handouts Section 5: Chapter 19)**

Objectives for this Chapter:

- To teach group about the 7 medications that are available to help them stop smoking.