

## Making a Plan to Quit

The two most important factors -

1. Make the decision to QUIT!
2. Set a Quit Date!



**There is no one right way to quit.**

**Learn what methods are successful to others who have quit.**

**You have to decide what will work best for YOU and then... Get the help you need to support your decision to quit!**

Quitting smoking is not easy. There are many professionals that can recommend to you what will be helpful in quitting. But this is only possible if **YOU make a promise to yourself to DO IT!** Many people who try to quit smoking wish that there were an easy way to do it – a method that would make quitting painless and easy. There is no painless or easy way to quit! You have probably used tobacco for a long time and it will take a commitment from you and reaching out for help from others...to succeed in your Quit Plan!

Some people try cutting down on the amount of tobacco they use each day. This method is difficult and may not work.

Using tobacco treatment medications can help you. They will reduce your withdrawal symptoms. But the most effective way to quit is when you **use the proper treatment medications and become involved in a group or individual counseling.** Using this method helps to address both the physical and psychological components of quitting.

## Making the Decision to Quit

The first step is making the decision to quit tobacco use. This is one that **only you can make**. Other people may want you to quit, but the real decision and commitment must come from you.

## Setting a Quit Date

Once you've made the decision to quit, you're ready to pick a quit date. This is a very important step. Pick a specific day within the next few weeks as your 'Quit Date'. Picking a date too far in the future allows you time to rationalize and change your mind. But be sure to give yourself enough time to prepare what you need to do to quit and come up with a plan. You might want to choose a date that has a special meaning like a birthday anniversary or holiday. Or you can simply pick a random date. Circle the date on your calendar and then make a strong, personal commitment or promise to yourself to quit on that day.

## Making a Quit Plan

Once you have made a decision to quit and have set a quit date, developing a list of other strategies that will help you quit is all part of your quit plan. Preparing yourself and your surroundings before you quit will make it easier for you to achieve your quit goal.

## Suggestions:

- ✓ Get rid of ALL of your matches, lighters and ashtrays.
- ✓ Make a promise to yourself to NEVER SMOKE in your house or car.
- ✓ Talk to your doctor and counselor about quitting smoking.
- ✓ Pick a person who you can talk to and be helpful to you.
- ✓ Learn about tobacco treatment medications and decide which ones you may want to use.
- ✓ Learn about and visit a self-help or 12-step meeting
- ✓ Get support from non-smoking friends and family.
- ✓ Make a list of situations that you would usually smoke and come up with a plan of how you will handle those situations differently.

## MY QUIT PLAN

Name \_\_\_\_\_

I have made a decision to quit smoking on \_\_\_\_\_.

**As part of my plan to quit smoking, I will: (check all that apply)**

- Come to treatment sessions to talk about tobacco.
- Read handouts
- Talk to other people who used to smoke and learn about how they were able to quit
- Make a list of all the reasons I want to quit. I will carry this with me in my pocket as a reminder.
- Begin to make smoking more difficult and more unpleasant for myself. This means not smoking my favorite brand, not smoking in my favorite places and going outdoors to smoke.
- Save the money I used to buy cigarettes to do something or buy something special for myself.  
Each week, I will save \$ \_\_\_\_\_.  
I will use the money to: \_\_\_\_\_.
- My "Support Person" will be: \_\_\_\_\_.  
He/She will help me to quit and remain without tobacco. Instead of smoking, I will try to talk to this person when I feel like I want a cigarette.
- Make an appointment with my doctor to talk about tobacco treatment medications.

**Other Ideas for My Quit Plan**

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