

Preparing to Quit

**I am getting ready to quit using tobacco.
I will try to make preparations to quit.**



I believe doing the following things will help to make my quit attempt more successful:

1. I will not buy large amounts of cigarettes or other tobacco products, like cartons of cigarettes, for example. It is better to buy cigarettes one pack at a time since I am getting ready to quit. My goal is to run out of cigarettes on my quit date.
2. Get rid of all my tobacco or cigarette related items. This includes ashtrays, lighters and even t-shirts or other items with tobacco company names or logos. These things remind me of smoking. I will be more successful in quitting if these things are not in my home.
3. Remove ashes from my car ashtray and places in my home because I know that smelling cigarettes after I quit could make me want to smoke.
4. Talk to someone about my plans to quit tobacco. This can be a roommate, friend or significant other. I will let them know when my quit date will be.
5. Keep trying to make it difficult or unpleasant to smoke. I will try to break all habits that make smoking easy.

I will set a quit day.

One to two weeks before my quit date, I will:

- ✓ Pick the date and mark it on my calendar.
- ✓ Tell friends and family members that I will quit smoking
- ✓ Decide on a plan for medications and arrange to see my doctor
- ✓ Set up a support system. This could be my group class, or non-smoking family or friends who are willing to help me
- ✓ Start using the medicine Bupropion or Varenicline if that is part of my quit plan.

On the night before my quit date, I will:

- ✓ Get rid of all cigarettes, lighters, ashtrays, and any other items related to smoking.
- ✓ Smoke my last cigarettes and say “goodbye” to cigarettes.

On my quit date, I will:

- ✓ Not smoke.
- ✓ Keep active - try walking, exercising, or doing other activities or hobbies I enjoy doing.
- ✓ Drink water and use mints or hard candy to help me with the cravings for cigarettes.
- ✓ Begin using nicotine medications if that is part of my quit plan.
- ✓ Contact my counselor or therapist who will help me stop smoking.
- ✓ Avoid other smokers.
- ✓ Avoid places and situations where the urge to smoke is strong.

List ways you can get ready for your quit date.

1 week before:

The night before:

MY QUIT DATE WILL BE:
