

Chapter 3: Seeking support while you quit

Objectives for this Chapter:

- Review the benefits of having additional support during a quit attempt.
- Encourage group members to seek additional support for quitting.

After reading this section, individuals will be able to:

- Begin to identify supports
- Reach out to individuals, treatment providers, family, friends, support groups or internet sites for support for quitting.

Suggested Approach:

- The New Jersey Quitnet is a free internet resource (<http://nj.quitnet.com>) that allows smokers to log in as a member and participate in online chat rooms, email groups and discussion forums focused on getting support for quitting smoking. Allow members computer access to the internet after a group or have a demonstration of Quitnet resources.

Additional Internet References & Resources to Stay Smoke Free

American Cancer Society 1-800-ACS-2345 (1-800-227-2345)
Internet address: www.cancer.org

American Heart Association 1 800-242-8721
Internet address: www.heart.org

American Lung Association 1 800-785-3355
Internet address: www.lung.org

CHOICES (Consumers Helping Others Improve
their Condition by Ending Smoking) 732-235-4341
Internet address: www.njchoices.org

National Cancer Institute 1-800-4-CANCER or 800-422-6237
Internet address: www.cancer.gov

Office on Smoking & Health, Centers for Disease Control and Prevention
1-800-CDC-INFO or 1-800-232-4636
Internet address: www.cdc.gov/tobacco

Nicotine Anonymous 1-877-TRY-NICA (1-877-879-6422)
Internet Address: www.nicotine-anonymous.org

Smokefree.gov (Online materials, including info on state QuitLines)
Internet Address: www.smokefree.gov

Chapter 4: Refusing cigarettes

Objectives for this Chapter:

- Increase the group's awareness of assertion and how to use it when refusing cigarettes
- Allow members to practice refusing cigarettes

After reading this section, individuals will be able to:

- Consider the options they have when confronted with choosing cigarettes
- Practice techniques and tips that will help them to refuse cigarettes in high-risk situations

Suggested Approach:

Do role-playing to help consumers go through the refusal skills steps. Put your consumers into teams of 2 or 3 and assign one or two of them the goal of persuading the other(s) to smoke cigarettes. The consumer in the role play who is being "persuaded" to smoke has to practice refusing the offer. After the exercise, lead your consumers in a discussion of the refusal skills used. Now repeat the exercise assigning different roles to each consumer in the groups. Allow consumers to coach each other with suggestions about how to handle these situations.

Chapter 5: Dealing with setbacks

Objectives for this Chapter:

- Educate participants about relapses to avoid them feeling shame or disappointment
- Remind the group that setbacks are common and most smokers try to quit a number of times before they are able to quit for good.