

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.

After reading this section, individuals will be able to:

- Reduce disappointment related to a failed quit attempt
- Motivate participants towards quitting or making another quit date
- Understand aspects of physical or psychological addiction may have contributed to their setback

Suggested Approach:

- Ways to Stay Motivated.
 - Remind members that what they're doing is not easy, so they deserve a reward.
 - Put the money you would have spent on tobacco in a jar every day and then buy yourself a weekly treat.
 - Buy a magazine, go out to eat, call a friend long-distance.
 - Or save the money for a major purchase.
 - You can also reward yourself in ways that don't cost money: take time out to read, work on a hobby, or take a relaxing bath.
- Encourage participants to learn from a failed quit attempt and make adjustments in their quit plan, if needed.
- Relapse prevention focuses on teaching skills that help people identify and cope with high-risk situations and moods, which might make them more likely to start smoking again. There is the opportunity to learn from past mistakes and use that information to make sure you stay quit for the rest of your life. For example, we know that high-risk situations or emotional states can be triggers for people to start smoking again. Some other typical cues for tobacco include seeing other people smoking, smoking after meals, or in response to interpersonal anxiety, anger, or depression. The idea of relapse prevention is that by evaluating these high-risk situations and being 'on guard' for them after you quit smoking; you will be less likely to start smoking again in the future!
- For smokers with mental illness there may also be additional or unique situations or symptoms, which contribute to smoking relapse including boredom, or experiencing symptoms of paranoia, anxiety or depression. Weekends which have more unstructured time seems also to contribute to relapse in this group and our plan includes a weekend readiness topic. The facilitator's role is to teach skills such as self-monitoring of tobacco craving and cues, problem solving strategies, education about coping skills and self-control strategies.