



## What Kind of Smoker Are You??

### ***1. I'm Not Interested in Quitting***

While you may not be ready to quit smoking, talking about it might help you to understand your smoking a little better.

- Think about the impact of smoking on you and your family's lives.
- Consider any illnesses you have that may be related to your smoking.

Even if you continue to smoke, it's important to smoke outdoors so that your second-hand smoke doesn't harm anyone.

### ***2. I'm Interested and Thinking About Quitting***

Weigh the pros and cons of smoking.

- The Pros: What do you like about smoking?
- The Cons: What are the downsides of smoking? How does it affect you and your family's health and well-being?

The cons of smoking can help motivate you to quit, while the pros of smoking mean you will have to look for other ways to meet the wants and needs provided by smoking.

Then weigh the pros and cons of quitting.

- The Pros: What would you gain if you quit? Improved health for you and your family? Money?

What are the risks of continuing to smoke?

- The Cons: What would you lose if you quit smoking?

If your cons outweigh the pros—you now know why you want to quit, but you can't bring yourself to quit right now. Keep thinking about it.

If your pros of quitting outweigh the cons—it's clear you are worried about your smoking and want to do something about it. It's time for a plan. Move on to the next section to find out how to plan for quitting.

### ***3. I'm Interested and Ready to Quit***

Preparing to quit takes commitment. It takes a plan, as well as some time and effort.

- Look at your past quit attempts and learn from them.
- Understand your smoking habits. Write down when, where, and why you smoke each cigarette.
- Know what “triggers” you to smoke. Meals, coffee, alcohol, stress or just a strong urge to smoke might be some of your triggers.
- Plan and learn how to cope with these triggers.
- Plan how to reward or coach yourself. Give yourself a pat on the back when you do well.
- Tell friends and ask for help.
- Set a stop date within the next week or two, and tell your family and friends.
- Expect strong urges and withdrawal. Plan for slips and know what you will do to avoid them.
- Consider stop-smoking medication, such as nicotine gum, the “patch”, or one of the prescription options.

### ***4. Now That I Have Quit***

Congratulations!

- Know what to expect—temporary withdrawal symptoms, cravings and signs of recovery.
- Use your plan to cope with triggers and ask your friends for support.
- Stay on your medication for the full treatment period.
- Use positive self-talk. Congratulate yourself when you do things well. Reward yourself.

Remember:

- Total abstinence is your goal—don't even have a single puff.
- Drinking alcohol can increase the urge to smoke.
- Being exposed to smokers gets in the way of quitting.
- Too much stress can trigger you to smoke.

***Exercise, eat right and take one day at a time. Welcome to a smoke-free life.***