

Personalized Quit Smoking Worksheet for:

You have made the decision to quit smoking. Congratulations! Use this worksheet to help you get on track to becoming a non-smoker.

Step 1: Learning Skills for New Behaviors

Everyone who quits smoking will have urges to smoke. They will encounter situations that trigger their desire to smoke. They will see and be around people who smoke. People who quit smoking manage triggers and urges without smoking. You can learn these important skills.

In fact, you probably have some of these skills already. You may have ways of coping with urges when you are in places where you cannot smoke. If you quit smoking in the past, you managed triggers and urges while you quit. What ways have you handled urges and triggers without smoking?

It may be good for you to learn new ways of managing urges. The urge to smoke will usually last only for a few minutes -- particularly if you find a way to shift your focus off of the urge. Below is a list of strategies you can use during urges. Pick the ones that you would like to try. Add your own!

- | | | |
|--|--|---|
| <input type="checkbox"/> Chew gum, eat a mint | <input type="checkbox"/> Listen to music | <input type="checkbox"/> Call a friend |
| <input type="checkbox"/> Drink a glass of water | <input type="checkbox"/> Watch TV | <input type="checkbox"/> Do a puzzle |
| <input type="checkbox"/> Eat carrot sticks | <input type="checkbox"/> Read | <input type="checkbox"/> Do a small household chore |
| <input type="checkbox"/> Chew a toothpick or straw | <input type="checkbox"/> Write or draw | <input type="checkbox"/> Stretch |
| <input type="checkbox"/> Brush your teeth | <input type="checkbox"/> Look out the window | <input type="checkbox"/> Go for a walk |
| <input type="checkbox"/> Take slow, deep breaths | <input type="checkbox"/> Take a nap | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

When you get tempted to smoke, it may help you to say positive things to yourself so you stick with your plan to quit. What can you tell yourself when you have an urge?

Some situations will be very tempting for you to smoke. Think of the situations that will be hardest for you. Now, think of strategies to help you avoid smoking in each of these situations.

Tough Situation	Strategies You Could Use to Avoid Smoking

One caution: If weight gain is a concern, try to monitor how much you eat. If you find yourself eating instead of smoking, you may have to find other strategies for coping with urges to smoke.

Step 2: Making Your Home Smoke-Free

Your home environment can influence you a great deal. If there is smoking in your home, you may have more temptation to smoke. Consider making your home smoke-free -- for the health of everyone in your home. If you live with other people who smoke, ask them to smoke outdoors. Creating a healthy home environment can help you change.

Can you make your home smoke-free? ☐ Yes ☐ No



Step 3: Consider Using Medications

Medications are helpful for people who smoke at least 10 cigarettes a day. Medications can decrease your desire to smoke or ease nicotine withdrawal symptoms. Your doctor may help you decide about a medication.

What question(s) do you have for your doctor about medications for smoking cessation?

1. _____
2. _____

Are you interested in trying a medication? ☐ Yes ☐ No If yes, which: _____

Step 4: Getting Ready

You may want to set a quit day so that you can be prepared for when you will be smoke-free. Many people pick a quit day within the next 4 weeks. Before your quit day you may want to:

- Understand your smoking patterns. What situations trigger your smoking urges?
- Practice changes in your smoking patterns and behaviors.
- Tell your friends and family about your quit day.
- If you feel uneasy or sad about quitting, find a way to saying "good-bye" to cigarettes.
- Before your quit day, get rid of cigarettes and ashtrays in your home, car, and at work.

Remember, on your quit day your goal is to not smoke at all – not even a puff!

Are you ready to set a quit day? ☐ Yes ☐ No

What is your quit day? _____

Who will you tell about your quit day? _____

Step 5: Getting Support While You Quit

Support outside of your clinic visits can help you quit. We recommend telephone support from the Illinois Tobacco Quitline. We can help set up a call from a Quitline counselor. Also, you might seek support from friends and family.

Do you have a friend or family member to help you? _____

Step 6: Re-Committing Yourself to Quitting Smoking

As you quit smoking, remember, every positive step is an accomplishment. Be prepared for obstacles and challenges. Remind yourself of your reasons for quitting and the benefits of quitting. Relapse is possible. Try not to have "just one cigarette," even when life gets stressful. Remember: If you do lapse back into smoking, it does not mean that you can't quit. Make up your mind to use all the steps of your quitting smoking worksheet.

Quitting smoking is hard. It takes a lot of effort and patience.
But you can succeed.



Lung Health Educator: _____

Program Telephone Number: 312-864-4433

Date: _____

Illinois Tobacco Quitline: 866-784-8937

