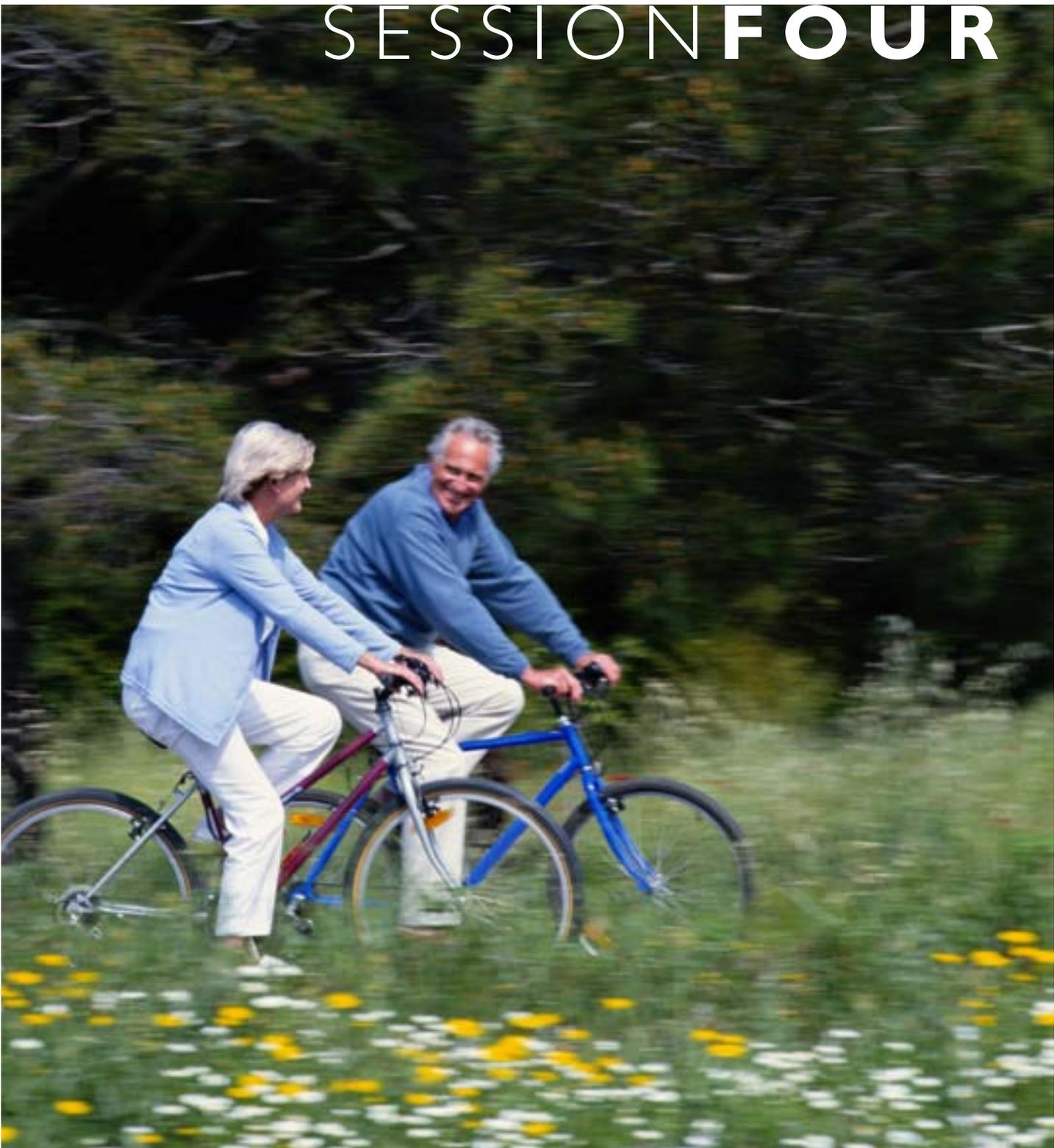


# 21 DAYS

TOBACCO CESSATION GUIDE  
ONLINE EDITION

# SESSION FOUR



DAYS 13 - 16

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## How are you doing with reducing your tobacco use?

*Make sure to continue practicing your successful managing methods. They will be second nature to you on Quit Day.*

### Are You Still Having Problems Managing Your Urges?

Remember that learning to manage tobacco urges is a trial and error process that takes time and many repeated efforts. Whatever you do, don't give up on yourself. Keep trying, you'll get there.

If you have discovered new triggers that are contributing to your tobacco urges, update your "My Action Plan for Managing with Tobacco Urges" worksheet by adding these additional tobacco urges and thinking about strategies that you can start using to cope with them.

Successful ex-tobacco users employ a number of methods for "unlearning" the habit of tobacco in advance of their Quit Date, in order to:

- Make tobacco less "automatic" in urge situations by using substitute behaviors to delay tobacco until the urge passes.
- Build confidence to quit tobacco by "disconnecting" tobacco from routine activities and situations of daily life.

### Get Ready to Quit

Please refer to your "Get Ready to Quit" worksheet.

- What will you do to start increasing time spent in non-tobacco places or time spent doing non-smoking activities?
- What situations are you willing to limit your smoking to, between now and your Quit Date?
- What actions are you willing to take to make tobacco inconvenient or unpleasant between now and Quit Date?
- What will you start doing more of to reward yourself and make yourself feel good in place of tobacco?

Please read the "Checklist of Further Planning for Quit Date" within the next day or two. You should revise the "Get Ready to Quit" worksheet based on suggestions offered in the checklist that you are willing to try.

Continue to use controlled breathing a minimum of three times a day and when the craving for tobacco hits. Review E.A.S.E from Session 3, and utilize it frequently.



### *Supportive People to Help You Quit*

The support of others is key to successfully quitting tobacco for good. Please remember that extreme caution needs to be taken in selecting the right people for support.

- Identify people who are available and interested in encouraging and supporting your effort to stop tobacco.
- Communicate to these supportive people that you will stop tobacco on the set Quit Date, letting them know the exact date.
- Be assertive in asking others to stop actions that interfere with your efforts to quit tobacco.
- Ask others to start (or increase) specific actions that will help you remain tobacco-free.

### Medication

If you have not started taking your tobacco cessation medication (such as bupropion or Wellbutrin™ and CHANTIX™), now is the time to start unless otherwise directed by your physician. Remember that nicotine replacement therapies such as patches, gum, lozenges, inhalers, etc. are to be started on Quit Date, after tobacco has ceased unless your physician directs you otherwise.

## Assignments

- Begin taking actions recorded on your “Get Ready to Quit” worksheet today! Update this worksheet with new strategies that appeal to you, as suggested in the “Checklist of Additional Strategies for Preparing for Quit Date.”

### *And continue:*

- Carrying the 3 × 5 “Why I Want to Break the Habit” card and reading it before using tobacco on at least three occasions each day.
- Practicing resisting tobacco in at least three urge situations each day by using controlled breathing (or an alternate relaxation method) and other coping skills listed on the “My Action Plan for Managing with Tobacco Urges” worksheet.

### *If you are are NOT reducing tobacco use prior to Quit Date:*

- You should now begin to practice resisting tobacco in urge situations, using managing skills learned in treatment.
- The places and situations where smoking occurs ideally should not be paired with activities, events and pleasures of daily living.

**Please use Days 13-16 to complete your assignments.** Learning a new lifestyle is a process that requires patience. You have accomplished a great deal already!