

# 21 DAYS

TOBACCO CESSATION GUIDE  
ONLINE EDITION

## SESSION THREE



DAYS 8 - 12

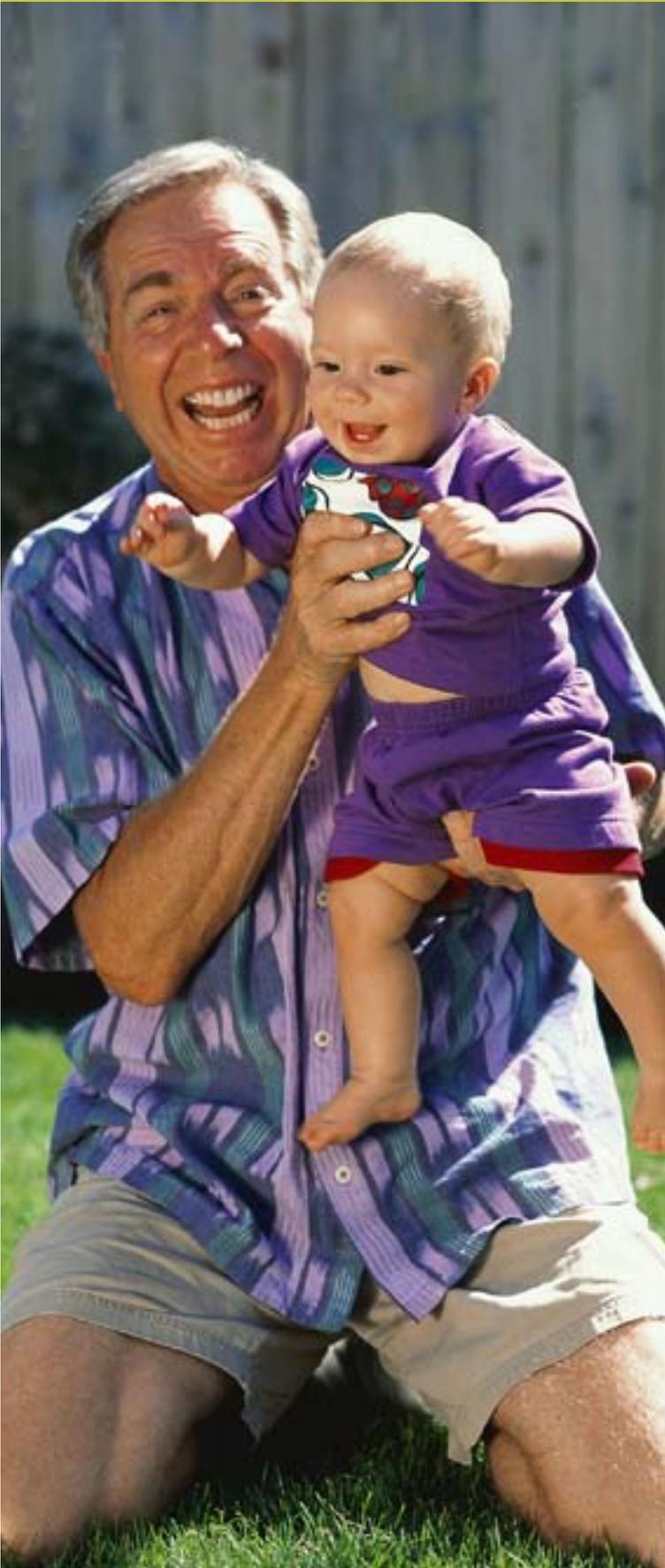
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## Before You Proceed

Did you complete the “Method of Reducing My Tobacco Usage” worksheet as well as the “What Sets Off My Tobacco Urges” worksheet? If these tasks are not complete, stop this session and restart it once they are complete. It is extremely important to your success in this program that you complete all of the assignments. Your commitment to this program will ease the hardships associated with ceasing tobacco use and remaining tobacco-free.

*Stop and find the “My Action Plan for Managing with Tobacco Urges” worksheet in your workbook.*

- After thinking about your tobacco urges last week, do you still believe that the urges you wrote down on your worksheet are the ones most likely to tempt you to use tobacco?
- Did you identify any other important tobacco urges since Session I, based on reading the “Checklist of Additional Tobacco Urges?”



## Review of Coping Strategies

Which “self-generated” strategies (i.e., controlled breathing exercises) were successful for you in refraining from tobacco use in circumstances of daily life where tobacco is prohibited or inappropriate? Did they work for you?

- If they worked, GREAT! Continue to practice them.
- If they didn't work for you that well, don't get discouraged. This is a trial and error process that takes time and may require many repeated efforts. We will get through this together and we will give you some additional techniques in this session that may be just what you need.

### Were you able to reduce your tobacco consumption by 10-15%?

- If so, this demonstrates your ability to control tobacco use by managing urge situations. Congratulations – there should be NO doubt you can do it!
  - After this session, go to the Forum and post what worked for you – your advice may save someone's life!
- If not, remember this is a trial and error process that takes time and repeated practice, so use this as a learning experience.
  - Think about the reasons why you were unable to reduce your tobacco consumption...
  - Negotiate a more realistic reduction that will work for you. Go to the Forum and read what techniques worked for others and try those.
  - Whatever you do, don't get discouraged. You'll get there – the majority of ex-tobacco users have made several quit attempts before actually quitting. This is normal, keep plugging at it! You'll do it!

## Coping with Tobacco Urges

In this session, we are going to expand your “tool chest” of skills for coping with the tobacco urges we discussed in Session 2. These skills should be practiced before the Quit Date and used afterward for many months, until the risk of relapse has passed.



**E.A.S.E.**

- **Evade** external urge situations
  - Stay away from alcohol and places where other people smoke, such as nightclubs, casinos and areas where smokers gather for “smoke breaks.”
- **Amend** or change urge situations
  - Many smokers are urged to smoke when they drink coffee while reading the morning paper at home. This urge situation could be altered by reading the paper while drinking coffee in the non-smoking section of a restaurant.
- **Substitute** tobacco with substitute behaviors
  - Oral substitutes, like chewing gum, eating sugarless candy, or sucking on a cinnamon stick
  - Activities that keep your hands busy, like squeezing a handball, doing beadwork or needlework or handling a silver dollar that you keep in your pocket
  - Going for a walk and engaging in a healthy alternative to distract you from smoking
- **Emotionally** manage with internal emotional urges
  - Use the breathing relaxation exercise taught in Session 2; listening to calming music, such as meditation music, works wonders for this.
  - Focus on thoughts that are incompatible with tobacco use, like thinking of your reasons for not using tobacco, imagining yourself as a non-tobacco user one year from now and telling yourself “this urge to use tobacco will pass in a few minutes...I can beat it!”



## Assignments

It is extremely important for you to anticipate tobacco urges before they are encountered and to plan a strategy in advance for how to manage these urges without using tobacco.

- On the “My Action Plan for Managing with Tobacco Urges” worksheet that you referred to at the beginning of this session, record at least three of your most challenging tobacco urges (i.e., high-risk situations during the day when you almost always use tobacco).
- Now you can successfully cope with your tobacco urges, using the concepts and strategies taught: Controlled Breathing and E.A.S.E. Write down these strategies for coping with tobacco urges in the “Managing Strategy” column next to each tobacco urge, on the “My Action Plan for Managing with Tobacco Urges” worksheet.
- Practice these managing strategies to resist tobacco in three tobacco urge situations during the next 3-4 days, on a daily basis. Use this strategy as a means for assisting you in achieving the reduced tobacco use goals between now and the next session.
- Also remember to complete the “Checklist of Additional Skills for Managing with Tobacco Urges” worksheet provided in this session. This particular worksheet provides managing strategies used by ex-tobacco users. Use it to update the “My Action Plan for Managing with Tobacco Urges” worksheet based on ideas harvested from this checklist.

### And continue:

- Carrying the 3 × 5 “Why I Want to Break the Habit” card and reading it before lighting up a cigarette or using snuff on at least three separate occasions each day.
- Following the plan for reducing tobacco consumption for the next three days, as stated on the “Method of Reducing My Tobacco Usage” worksheet. Use controlled breathing and coping skills recorded on the “My Action Plan for Managing with Tobacco Urges” to achieve reduced tobacco goals.

### Have you visited your physician to obtain tobacco cessation medications?

- Remember that tobacco cessation medication (such as bupropion or Wellbutrin™ and CHANTIX™) should start 7-14 days prior to Quit Date unless your physician instructed you otherwise.
- Also remember that nicotine replacement medications are not to be started until Quit Date.

**CONGRATULATIONS** – you have completed Session 3! You are over halfway to a stronger healthier life, and it’s time to get excited about what you are about to do. Please use Days 8-12 to complete your assignments. Learning a new lifestyle is a process that requires patience. You have accomplished a great deal already!