

session  
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# Plan to Quit



## *Pick a Quit Day*

Once you've decided to quit, you're ready to pick a quit date. This is a very important step. Pick a specific day within the next month as your Quit Day. Picking a date too far in the future can allow you time to rationalize and change your mind. But do give yourself enough time to prepare and come up with a plan. You might choose a date with a special meaning like a birthday or anniversary, or the date of the American Cancer Society Great American Smokeout® (the third Thursday in November each year). Or you may want to just pick a random date. Circle the date on your calendar, and make a strong, personal commitment to quit on that day.



### **Did you know?**

**On average, it takes five to seven quit attempts before a person successfully quits for good.**

## *Making this attempt your last*

Many former smokers made several attempts to quit before they were successful. It's common to make more than one attempt before you quit for good. This information is not meant to discourage you, but to show you that you are not alone.



## Activity: The last time I tried to quit

If you have tried to quit smoking in the past, this activity will help you learn how to improve your chances of quitting for good. It will also help you learn from past efforts so that you can be more successful the next time. If this is the first time you've tried to stop, listening to others share their experience can help you.

### What fears or concerns do I have about quitting smoking?

1. How long did I go without smoking?

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2. What kept me from smoking when I quit?

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3. Did I feel better physically?

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4. What felt good about quitting?

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5. What was hard about quitting?

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6. What led me to start smoking again?

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### Quitting methods

In addition to cessation medications, you can use several other methods when quitting smoking or preparing to quit. The following chart gives a description and example of each:

Method/Description	Example	Will it work for me?
<p><b>Cold turkey</b>            “Cold turkey” means stopping smoking at once. It’s when you quit without changing how much you use tobacco and you do not use any cessation medication.</p>	<p>You smoke your usual number of cigarettes until your quit date, and then you do not smoke at all.</p>	
<p><b>Tapering</b>            Tapering involves smoking fewer cigarettes each day. Some people find it helpful to taper or cut down on their tobacco use before they quit.</p> <p>To ensure success with the taper method, try to use the smallest possible number of cigarettes each day, but no fewer than 10. Be advised that this technique can be a challenge. Many smokers find it very hard to smoke fewer than 10 cigarettes per day.</p>	<p>Day 1: Smoke the usual 15 cigarettes.</p> <p>Day 2: Smoke 14 cigarettes.</p> <p>Day 3: Smoke 13 cigarettes.</p> <p>Day 4: Smoke 12 cigarettes.</p> <p>Day 5: Smoke 10 cigarettes.</p> <p>Day 6: Stop using tobacco.</p>	
<p><b>Scheduled reduced smoking</b>            Scheduled reduced smoking means smoking only at certain times of the day. For instance, a cigarette is to be smoked within the first five minutes of each scheduled time. Over a few days, the scheduled times become further and further apart, so that the time between cigarettes gets longer.</p> <p>This helps reduce how often you smoke. If you happen to miss a cigarette, it cannot be saved for later. If you are interested in this method, please talk to your group leader to figure out a schedule.</p>	<p>For a pack-a-day smoker:</p> <p>Day 1: Smoke every hour from 6 a.m. until 10 p.m.</p> <p>Day 2: Smoke every 1.5 hours from 6 a.m. until 9 p.m.</p> <p>Day 3: Smoke every two hours from 6 a.m. until 10 p.m.</p> <p>Day 4: Stop using tobacco.</p>	

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### Quitting methods (continued)

Method/Description	Example	Will it work for me?
<p><b>Scheduled non-reduced smoking</b>            Scheduled non-reduced smoking is like scheduled reduced smoking except the time between cigarettes does not increase. The number of cigarettes you use in a day would not decrease over time either. With this method, you still use the same number of cigarettes you normally use in a day, but at scheduled times. You smoke on this schedule until your target quit date, and then you stop smoking completely.</p>	<p>If you normally smoke a pack a day, you schedule the time you will have each of the 20 cigarettes, and then stick to that schedule until your quit date.</p>	
<p><b>Telephone-based quit lines</b>            Quit lines are telephone-based, tobacco-cessation programs. Most quit lines are free and provide callers with information and services such as personalized telephone counseling, referrals to local programs, educational materials. Some might include free or reduced-cost nicotine replacement therapies. Unlike group tobacco-cessation programs, where participants must wait until a group forms, quit lines are available year-round.</p>	<p>Ask your employer if they provide a telephone-based quit line program or call 1-866-QUIT-4-LIFE (1-866-784-8454) to find out if your employer, health plan, or state provides coaching services through the Quit For Life® Program brought to you by the American Cancer Society and Optum. If not, you will be transferred to your state-provided quitline.</p>	

## Pharmacotherapy

Three classes of FDA-approved drugs are available to help people quit smoking:

1. Nicotine replacement therapies (NRTs) are medicines that help decrease or stop a smoker's withdrawal symptoms by giving controlled doses of nicotine without the other harmful chemicals of cigarette smoke.
2. Bupropion does not contain nicotine. It acts on chemicals in the brain to reduce the symptoms of nicotine withdrawal.
3. Varenicline, also known as Chantix, lessens the pleasurable effects a person gets from smoking and reduces the symptoms of nicotine withdrawal.

The Food and Drug Administration (FDA) has approved the following products to help people quit smoking. There are advantages and disadvantages with each product. If you'd like to find out more about each of these options, visit the American Cancer Society at [cancer.org](http://cancer.org) or call 1-800-227-2345 anytime. Your doctor or pharmacist can help you make the best choice.

Type	Form	Common Brand Name(s)	Availability
Nicotine Replacement Therapy	Gum	Nicorette	Over the counter (OTC)
	Patch	Nicoderm	OTC and prescription
		Habitrol	
		ProStep	
		Nicotrol	
	Lozenge	Commit	OTC
Nasal spray	Nicotrol	Prescription	
	Inhaler	Nicotrol	Prescription
Bupropion	Pill	Zyban	Prescription
Varenicline	Pill	Chantix	Prescription



### Activity

Using the chart above, **circle** those you have tried before and place a star \* next to the medication(s) you are interested in using for this quit attempt. If needed, refer to this page when discussing medications with your doctor or pharmacist.

### *Friends and family*

Supportive family and friends are extremely important while quitting smoking. They can provide encouragement, distraction, humor, and warmth when you need it most. Many people find it very helpful to have one or more close friends or family members involved in their quitting process. Ask them to:

- Listen when you are expressing feelings or concerns.
- Help you stay away from tempting, high-calorie foods by suggesting, for example, fruits and vegetables instead of cookies for an afternoon snack.
- Do some sort of physical activity with you. For instance, go for a walk, ride bikes, play tennis, basketball.
- Offer to do other things with you, like go to the movies, a smoke-free restaurant, or a museum.

If your friends and family members smoke, ask them to support you in specific ways:

- Please do not smoke around me.
- Please do not smoke in the house.
- Please do not keep cigarettes in the house.
- Please do not smoke in the car.
- Please do not offer me a cigarette.
- Please say “no” if I ask for tobacco.

Unfortunately, not everyone who quits has support. Some people report that their quitting makes family and friends feel angry or threatened because:

- They’re afraid you will no longer want them to smoke around you.
- Your quitting reminds them of their own desire to quit or previous failed attempts.
- They may be envious of your success and prefer to see you remain a smoker.

If someone close to you is not supporting your efforts to quit, take an active, assertive approach to the problem and discuss the situation with them. If they are a smoker, let them know that you care for them just as much even though you are no longer a smoker. Remind them that if or when they want to quit, you’ll be there for them. Ask them to call 1-866-QUIT-4-LIFE (1-866-784-8454) to find out if their employer, health plan, or state provides coaching services through the Quit For Life Program, brought to you by the American Cancer Society and Optum. Try to involve them in your quit efforts in positive ways. But don’t let anyone interfere with your hard work to quit smoking and to stay quit!



## Activity: Create a support system plan

What kind of things will you ask your friends and family – people you can count on – to do that will help you quit smoking?

Write down the names of the people in your support system and how you would like each one to respond to you when you are trying to quit smoking and having a difficult time:

**Support person:**

**I'd like you to:**

Bob

- Remind me that I plan on taking a cruise with the money I am saving from quitting smoking.
- Remind me that I am strong enough to get by without smoking.

**Support person:**

**I'd like you to:**


**Support person:**

**I'd like you to:**


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Support person:	I'd like you to:

Support person:	I'd like you to:

Support person:	I'd like you to:

### ***Prepare for your Quit Day***

There is no one single way to quit. Quitting smoking is a lot like losing weight: it takes a strong commitment over a long time. Smokers may wish there were a magic bullet – a pill or method that would make quitting painless and easy. But there is nothing like that. Nicotine substitutes can help reduce withdrawal symptoms, but they work best when they are used as part of a stop- smoking plan that addresses both the physical and psychological components of quitting smoking.





### Activity: My quit plan

Here are some steps to help you prepare for your Quit Day. Customize the checklist so it fits with your personal quit plan.

Completed	Task	My Notes
	<p>Pick the date and mark it on your calendar.</p>	
	<p>Tell friends and family about your Quit Day. Reference the activity on page 16, "Create a support system plan," and make sure you let your support system know how they can help you before your quit date.</p>	
	<p>Get rid of all the cigarettes and ashtrays in your home, car, and workplace.</p>	
	<p>Stock up on oral substitutes – sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, or toothpicks.</p>	
	<p>Practice saying, "No thank you, I don't smoke."</p>	

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Completed	Task	My Notes
	<p>On 3-by-5 index cards, write down the reasons you have decided to quit smoking. Post these cards everywhere you are likely to smoke (in your car, at your desk, in the kitchen, etc.). It will serve as a reminder when you have an impulse to smoke.</p>	
	<p>Look for other programs or services to help you quit, like an employer- or state-based quit line program. Refer to page 13 to learn more about quit lines. You might want to find out if a friend or family member who has successfully quit is willing to help you.</p>	
	<p>Ask family and friends who still smoke not to smoke around you or leave cigarettes out where you can see them.</p>	
	<p>If you are using bupropion or varenicline, take your dose each day of the week leading up to your Quit Day. If you are purchasing NRT, decide which product is right for you and buy it before your quit date.</p>	
	<p>Think back to your past attempts to quit. Try to figure out what worked and what did not work for you. Look back at the activity on page 11, "The last time I tried to quit."</p>	

### Summary

Successful quitting is a matter of planning and commitment, not luck. Decide now on your own plan. Some options include using nicotine replacement or other medicines, enrolling in a quit line, asking your friends and family for support, using self-help materials such as books and pamphlets, or using some combination of these methods. For the best chance at success, your plan should include two or more of these options.