

Moving Toward a Smoke-Free Life

**“It’s more than wanting
to stop smoking,
it is also believing
you can.”**

For People Who Use Tobacco
SELF-HELP WORKBOOKS



Part 1 - Moving Toward a Smoke-Free Life

Written by Ex-Smokers

For those not ready to stop smoking in the next month



Part 2 - Creating a Smoke-Free Life

For those planning to stop smoking in the next month

Getting Started

Welcome to “Moving Toward a Smoke-Free Life” and congratulations for opening this workbook!

◆ Our relationship with tobacco may go back a long time. Learning about how tobacco fits into our lives can help us learn how to let it go.

◆ The effects of tobacco are complex and different for each of us. They affect our body and our mind in lots of different ways. What do you notice most about how tobacco affects you?

◆ In the early part of the program, we encourage you to *take your time, learn, and think* about what it will take for you to live tobacco-free.

Notes:

Tobacco and Our Culture

Tobacco was a sacred substance in the early days, used in ceremonies and later as money. It was a valued part of normal life.

Tobacco's roots run deep in many cultures. Smoking is an integral part of peoples' lives in most countries on earth.

In this century, media such as advertising and movies have shown tobacco as a social tool conveying messages about belonging, sophistication, rebellion, and many other cultural meanings. The next few questions help you see how tobacco fits into your life and why.

◆ How much is tobacco a part of your family and lifestyle?

◆ Does your family smoke? **Yes** **No**

◆ Do your friends smoke? **Yes** **No**

◆ How often do you use tobacco to celebrate?
How often to cope with negative feelings?

◆ Is tobacco often a part of social events because it provides a sense of belonging? When have you noticed this in your life?

◆ Check off all the places and situations in which you smoke

✓	Rank
<input type="checkbox"/> With my morning coffee or tea	___
<input type="checkbox"/> In my car on the way to work	___
<input type="checkbox"/> At work, during breaks	___
<input type="checkbox"/> After each meal	___
<input type="checkbox"/> When socializing, especially drinking or eating, with friends	___
<input type="checkbox"/> At the end of my workday	___
<input type="checkbox"/> When I talk on the phone	___
<input type="checkbox"/> When I watch TV	___
<input type="checkbox"/> When I am upset or have had an argument with someone	___
<input type="checkbox"/> When I am angry and think I cannot express my anger directly (such as with a coworker or boss)	___
<input type="checkbox"/> When I am bored	___
<input type="checkbox"/> When I feel anxious or scared	___
<input type="checkbox"/> When I feel lonely	___
<input type="checkbox"/> After having sex	___
<input type="checkbox"/> When I am writing, paying bills, or doing other tasks	___
<input type="checkbox"/> Other _____	___
<input type="checkbox"/> Other _____	___
<input type="checkbox"/> Other _____	___

◆ Try to rank the above places or situations from **easiest** to **most difficult** to eliminate from your daily routine.

If you wish, you can cut down on tobacco use by eliminating one situation or place at a time. Cutting down on the number of times you use tobacco on a daily basis might make it easier to cut tobacco out altogether.

What does using tobacco mean to you?

Most people start to use tobacco as adolescents. While people think they will be able to stop at any time, most people do not realize that their dependence on tobacco begins soon after they start using tobacco.

◆ When did you begin to use tobacco? Age _____

◆ What did it mean to you then? Did it make you feel grown-up?
Did it make you feel in control? Did it make you feel rebellious?

◆ Is smoking or chewing tobacco still a choice for you?
Or does it seem that you are no longer in control of
how much you use it? If it is not a choice, do you
remember when it stopped being a choice? **Yes** **No**

◆ Tobacco fits into people's lives for many reasons.
Which ones apply to you?

- Many people I know smoke. _____
- I have something to do with my hands. _____
- It helps me cut down on eating. _____
- I just enjoy it. _____
- It helps me feel more calm. _____
- Other _____
- Other _____

If you have tried to stop using tobacco in the past...

Many people try several times to stop smoking before they finally stop.

There are no failures – only lessons learned. Each time you try brings you closer to becoming smoke-free.

- ◆ Write some notes below about when you stopped in the past. Your experiences will tell you what things helped you in the past and what things stopped you from staying smoke-free.

- ◆ If you decide to try to stop again, your own experiences can help guide you. What steps can you take to avoid the problems you experienced before?

You Are Not Alone

**Thousands of people have found their way to a smoke-free life.
Most did not find it easy to begin.**

Many former smokers want to share their experiences.

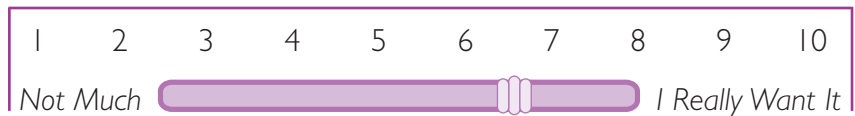
- ◆ Support and understanding from others is essential when we decide to stop smoking. Who can support you the next time you try, and what will you ask them to do?

Name	Phone numbers	Request
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

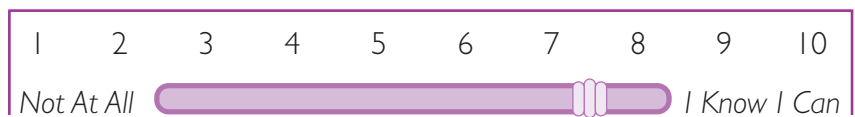
So Where Do You Stand?

(Circle the number on the following scales that best describes you right now.)

How much do I want a smoke-free life?



How strongly do I believe I can have a smoke-free life?



Moving Ourselves Up The Scales

At different hours of the day, and on different days, we may be at different places on the Wanting and Believing scales. Some days you will feel more confident and motivated. On other days, you may feel worried or scared about quitting, or resigned to the situation as it is. That's normal!

But the more you want it, the more likely it is you will succeed when deciding to stop.

Wanting Scale

Here are some things that can help you move yourself up the Wanting scale: (There is space to write on the next page.)

- ◆ Write down all the reasons you have for quitting.
- ◆ Ask others to be honest with you (but not critical), about why they want you or other smokers to stop smoking. Especially ask children who are close to you.
- ◆ How could it change your work environment or patterns?
- ◆ If you stopped, what things will you have that you don't have now?
- ◆ What will happen to your time and schedules if you don't smoke?
- ◆ How do you think you will feel if you aren't dependent on tobacco?
- ◆ What can you stop thinking and worrying about?
- ◆ How might you look or smell differently?

(continued)

Believing

Believing we can stop smoking is hard for us, especially when we have suffered setbacks and relapses when trying to stop before. But there are still things we can do to strengthen our confidence and belief in ourselves.

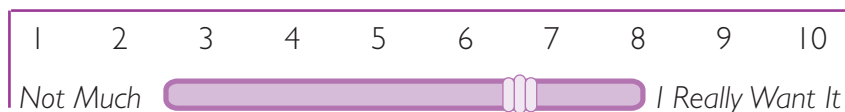
Here are some things that can help you move yourself up the Believing You Can scale:

- ◆ List some things you didn't think you could do in the past, but then surprised yourself and did them.
- ◆ List all the people you know who quit smoking and how much (a pack, two packs) they smoked before stopping.
- ◆ What are your greatest strengths and how can you use them in stopping smoking?
- ◆ List the places in your life where you have shown faith in yourself or some spiritual being.
- ◆ Who believes in you? Ask people if they believe in you and why.
- ◆ If you are a person who prays, can you begin to have your prayers include your wish to be free from tobacco?
- ◆ List all the good jobs you have done in your life, from small ones to big ones.
- ◆ Begin to take small steps toward giving tobacco up for good... if it works for you, cut down by a few cigarettes each week, or in certain situations (see page 2, Tobacco and Our Culture) begin to step away from tobacco.

What's next?

Where are you on these scales now?

How much do I want a smoke-free life?



How strongly do I believe I can have a smoke-free life?



If you rate yourself near 10 on both scales, the next booklet is for you and you can set a stop-smoking date.

- ◆ If you rate yourself at the lower end on either scale, continue to review the things that can move you toward WANTING a smoke-free life and BELIEVING that you can have a smoke-free life?

Your thoughts:

Stopping Is a Process

***Moving toward deciding to stop smoking, and stopping itself, is a process.
A journey that you take one step at a time.***

You've made an important step....by just reading this booklet!

**Congratulations
for staying on this journey.**

**You have one more reason
to believe in yourself.**