

CHAPTER 5



★ GOAL SETTING ★

Set a Date

Ok, so you have come this far. **Congratulations!** Now, are you ready? Are you really ready to quit? If so, it is time to set a quit date. Once you have picked the day, stick to it. Placing the date on your calendar or day planner will help to remind you of your promise to yourself to quit.

Quit Date: _____

Understanding Your Habit

What are your patterns of tobacco use? Are you aware of when, where, and why you use tobacco? Follow this short exercise to find out more about your specific patterns.

✍ Exercise – Keeping Track

Get a piece of paper, a 3x5 card, or use the following pages and keep it with your tobacco products. Each time you open a new pack, get a new piece of paper and write down the date. Every time you light up, chew, or dip, write down four things:

1. What time of day is it?
2. How bad is your craving to smoke? Very bad, not bad at all, so-so?
3. What is your mood? Happy, sad, so-so?
4. What are you doing? Driving, eating, watching TV?

TOUGH ENOUGH TO QUIT!

Keep track on this page. Do this for at least 4 days in a row. This exercise will help you to see what time of day, what situations, and what feelings prompt you to use tobacco. It will help you understand your particular triggers for using tobacco.

Date:				
#	Time	How bad is the craving?	What is your mood?	What are you doing?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Date:				
#	Time	How bad is the craving?	What is your mood?	What are you doing?
1				
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Start Quitting Before Your Quit Date

Even before your quit date, you can start quitting. Try these tips.

- Buy a brand you do not like and only one pack at a time.
- Put a rubber band around your tobacco products to make you think about it every time you go for a smoke.
- Change the way you hold your cigarette (for example, use your other hand).
- When you get the urge, practice putting it off for 10 minutes, then 20 minutes, and then 30 minutes.
- Try drinking a glass of water instead.

Inform Family and Friends

Tell others of your promise to quit. If you have family or friends who use tobacco, ask them not to do this when you are around. Try to find an acquaintance to quit with you.

Remove Tobacco Products from Your House or Car

The day before your quit day, throw away all ashtrays and lighters. Do not just hide them because you **will** find them. Get rid of all leftover tobacco products by flushing them down the toilet. Take the lighter out of your car.

Review Previous Quit Attempts

If you have tried to quit before, go over what went wrong. Did you get rid of all the ashtrays and leftover cigarettes or smokeless tobacco products? Maybe you tried to quit on your own, without telling anyone. Was there a particular situation that prompted you to start up again? If so, what was it and how can you prevent it from happening again?



Anticipate Challenges

You know that this will be difficult and there will be moments when you are faced with a huge challenge of whether or not to use tobacco. Think about how you will handle those situations now so you know what to do when they come up.

Reward Yourself

Since you are going to be saving money by not buying tobacco products, plan to do something special with the money that you save. It is much easier to quit if you have small goals to aim for along the way. What do you think are some rewards you can plan for yourself?
