



## TIPS FOR GETTING READY TO QUIT

### 1. You can quit . . . Ask yourself -- When do I smoke?

I smoke . . .

- |   |   |
|---|---|
| <input type="checkbox"/> After meals                                  | <input type="checkbox"/> When I watch TV              |
| <input type="checkbox"/> When I drink coffee or tea                   | <input type="checkbox"/> When I talk on the phone     |
| <input type="checkbox"/> When I drink alcohol<br>(beer, wine, liquor) | <input type="checkbox"/> When I am bored or angry     |
| <input type="checkbox"/> When I am out with friends                   | <input type="checkbox"/> When I feel a lot of stress  |
| <input type="checkbox"/> When I see someone else<br>light up          | <input type="checkbox"/> When I really don't want one |

### 2. Learn from your smoking habits:

Cut out the ones that you do not feel a strong need to smoke.  
Take fewer puffs each time you smoke.

### 3. If you have tried to quit in the past, review what happened . . . learn from your attempt(s).

### 4. Choose the way you want to quit . . .

#### Cold Turkey

- Set your quit date.
- STOP smoking on your quit date.
- Throw away all cigarettes, lighters, and ashtrays.

#### Cutting Down

- Set your quit date.
- Delay your first cigarette of the day.
- Cut back 2 - 3 cigarettes each day.
- When you cut down to 15 cigarettes, try to quit smoking.
- If you cannot quit yet, keep cutting back until you have stopped.

