

Instructions: Preparation for Quitting

1. Postpone cigarettes:

When you feel a desire to smoke, start a silent timer or stopwatch (with no alarm sound) and wait at least 5 minutes before lighting it. Do something else during that 5 minutes (meditate, distract yourself, call someone, read something, do pushups and situps, wash dishes, check email, etc). When possible, postpone the cigarette even longer than 5 minutes. You may want to put the cigarette down during the postponement, because if you do, you may forget to smoke it for a while.

Purpose: to help you get accustomed to tolerating and waiting out smoking urges.

2. Prepare your environments the day before your quit date

The day or evening before your quit date, clear your car, home, and work environments of all cigarettes and all smoking-related items – anything that could be smoked, OR that could serve as a trigger (cigs, butts, matches, lighters, ashtrays, empty packs, etc). It is critical that you **destroy** any remaining cigarettes by soaking them in water before throwing them in the trash.

Considering doing this in a “ceremonial” kind of way. Better yet, you can invite a friend or loved one to participate with you in person or by Skype, to witness this important turning point in your life. It’s a great way to send yourself the message, “This is a very positive change, I’m ready, and I commit myself fully to it.”

3. Smoking Behavior Changes starting 3 days before your quit date

On the 3 days leading up to your quit date, smoke differently in every way:

- ✓ Buy a brand you usually don’t smoke
- ✓ Hold cig in opposite hand
- ✓ Hold cig between different fingers
- ✓ Smoke from a different part of your mouth
- ✓ Use a different type of ignition, & use opposite hand to light it
- ✓ Smoke in different places than your usual (ideally, less convenient/ less comfortable places)
- ✓ Keep your pack somewhere different
- ✓ Use a bottle with small opening for an ashtray

Purpose: to move smoking behaviors more fully into consciousness, as the unconscious is where habits are maintained. These changes also increase awareness of addiction, while decreasing the element of pleasure.