

# 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.*