

Seven Steps for People Who Want to Quit Smoking

Step 1 <input type="checkbox"/>	Discuss quitting smoking with your health care provider. He/she may offer you support and medication to help you be successful.
Step 2 <input type="checkbox"/>	Write down the reasons why you want to quit smoking.
Step 3 <input type="checkbox"/>	If your spouse, significant other or roommate smokes, ask them if they are ready to quit. If not, ask them not to smoke around you or offer you any tobacco products.
Step 4 <input type="checkbox"/>	Write down any concerns or fears that will make it difficult for you to stop smoking.
Step 5 <input type="checkbox"/>	Set a quit date within 1 week after you decide to quit. Write your quit-date here: <input style="width: 300px; height: 20px;" type="text"/>
Step 6 <input type="checkbox"/>	Sign a contract – Signing a contract with a support person can also help you succeed with quitting. Ask your health care provider for a copy of a contract. (See Contracts 3 PDF, 3A)
Step 7 <input type="checkbox"/>	<p>Before your quit date, while you are still smoking, track your smoking habits in a log for one week. Write down:</p> <p>a. What time of day and what you are doing while you are smoking – (just getting out of bed, after a meal, on my break, with coffee/tea or an alcoholic drink, in my car).</p> <p>b. How strong your urge was to smoke on a scale of 1-5 with 5 being the highest urge.</p> <ul style="list-style-type: none"> 1 - no urge 2 - mild urge 3 - moderate urge 4 - severe urge 5 - worst urge ever