

Five Step Program

Smoking Cessation

Introduction

Congratulations on making the decision to become a non smoker - you are among good company. Quitting smoking can be one of the most difficult, yet rewarding things a person can do. Most smokers' say they would like to quit, and may have tried at least once. Some are successful the first time, but many other people try a number of times before they finally give up for good.

Step 1 – What type of smoker are you?

There are many reasons that people give as to why they smoke, but most can be categorised into seven main headings.

Relaxation Smokers – Feel that cigarettes help them to relax at work, after a meal and often claim that they really enjoy a cigarette.

Stimulation Smokers – Claim that cigarettes help them to think, or make them more aware or energetic.

Handling Smokers – Enjoy the reassurance of holding a cigarette even though they may not even actually smoke much of it.

Craving smokers – Are addicted to the nicotine and other substances that are inhaled and need 'topping up' with a regular 'fix'. Triggers such as a cup of coffee at your desk, a beer in the pub also stimulate the desire to smoke.

Habit Smokers – Often smoke because they always have done and think giving up would be too difficult. Habit smokers often don't realise just how often they light up and again frequently don't smoke a complete cigarette, leaving it to burn in the ashtray.

Support Smokers – Rely on cigarettes as a crutch to help them get through the day particularly when under stress. The automatic reaction to any problem is to light up first and then start thinking about the problem.

Social Smokers – Find they smoke automatically when part of a group and in social situations think a cigarette gives them confidence.

Spend some time thinking about the type of smoker you are, this will help you to recognise times that you might be tempted to have a cigarette.

I am aSmoker

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Step 2 – Your reasons for giving up

It is important to examine the reasons why you are making the decision to stop smoking. This can be a very motivational exercise and helps you to clarify why becoming a non smoker is important to you.

List below your reasons for wanting to become a non smoker

1.

2.

3.

4.

5.

Try carrying the list with you. If you feel that you might be tempted to smoke again you can use the list to remind yourself of your reasons for stopping.

Step 3 – Your first day as a non smoker

Once you've made the decision to become a non smoker set the date that you are going to stop.

Before you stop smoking you may want to plan some activities to support your decision to become a non smoker and ensure your first day not smoking goes smoothly. These might include things like throwing out all of your ashtrays, lighters and cigarettes, planning a day out to a non smoking location such as a gallery or cinema.

For more suggestions on actions to support you on your first day as a non smoker see our factsheet **Taking the First Steps**.

The date that I'm going to stop smoking is

The actions that I'm going to take to support my decision to become a non smoker are:

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Step 4 – Plan your time

As a smoker there will have been certain behaviours or situations that you associated with smoking. Modifying these behaviours will minimise the likelihood that you will start smoking again.

Behaviours you associate with smoking	Changes that you will make
e.g. I used to smoke when I was waiting for the bus	I will take a magazine to read when I'm waiting for the bus
e.g. I used to have a cigarette when I had a glass of wine	I will drink spirits or beer instead

Step 5 – Notice the changes

As a non smoker you will be starting to see and feel the benefits:

- Your skin tone will have started to improve making your skin look less 'dull'
- Your clothes and hair will be fresh and free from the lingering smell of smoke
- You will have more energy
- Breathing will have become easier
- Your finances will be better off
- Your sense of smell and taste will have improved

Keep a record of all of the changes that you notice in the first few weeks of being a non smoker, note down any changes no matter how small.

Week One	Week Two	Week Three	Week Four