



Participant's Workbook

STEP 1: Get Ready! Some people go back to smoking after quitting because they didn't plan ahead. You wouldn't run a race without training for it. In the same way, you need training to quit smoking! Getting ready is an important part of quitting. Take some time to get ready. Prepare your mind and body for this big change.

Here is what you can expect in programme!

- Learn about the phases of the Breathe Free 2 programme.
- Learn more about your addiction to tobacco.
- Think about the negative effects of smoking and the benefits of quitting.
- Think about why you smoke and why you want to quit.
- Begin a diary to observe your smoking choices and influences
- Begin to picture yourself as a non-smoker.

Your journey begins now! “Failing to prepare is preparing to fail.” John Wooden.



Unless you are directed otherwise, these are the usual phases of the Breathe Free 2 programme you have enrolled in to help you quit smoking:

- Preparation Phase (Sessions 1-2)- Considering what it will take and when to start
- Celebration Phase (Session 3)- Decision to quit has been made
- Detoxification Phase (Sessions 4-7)- Extra support through the quit week
- Normalisation Phase (Session 8)- Review why should I keep my decision
- Graduation Phase (Session 9)- Celebrate my new life!
- Stabilisation Phase (follows graduation)- Long-term follow-up support

How to Change a Habit:-

1. Desire to change your habit.
2. Believe you can change your habit with help and persistence.
3. Recognise and understand your old habit. Review the negative consequences of the old habit.
4. Choose a new replacement habit. Substitute a new response to triggers that proceeded your old habit.
5. Write a contract with yourself.



6. Begin supporting the new habit regularly and withdraw support from the old habit. Substitute a new strength (habit) for the weakness.
7. Rehearse the advantages of the new habit and reinforce it with positive affirmations.
8. Invite family and friends to support you in your new habit.
9. Model your behaviour on someone who does not practice your old habit. Avoid anyone or anything that supports the old habit.
10. Do not allow any escape clauses (Example: “Just one won’t hurt.”)
11. Recognise a temporary relapse for what it is—not failure, but a detour. You can get right back on track!
12. Recognise the value of picturing yourself with your new behaviour. Think it. Write it. Read it. Say it. Do it. Repeat it.

How Addicted Are You?

Tobacco and cigarettes contain nicotine. Nicotine is very addictive. When nicotine enters your brain, it makes you feel good. But, the good feeling soon goes away. You have to smoke to feel good again. Always wanting to smoke means you have an addiction. Understanding your addiction is important. Some people are more addicted to tobacco



than others. Being more addicted makes it harder to quit smoking. Think about how addicted you are. This will help you when you try to quit smoking.

Answer the following six questions to gain a better understanding of your addiction to nicotine:

Fagerstrom Nicotine Dependence Questionnaire

Read each question, and circle the answer that applies to you: -

1. How soon after you wake up do you smoke your first cigarette?
 - a. Less than 5 minutes - 3
 - b. 6–30 minutes - 2
 - c. 31–60 minutes - 1
 - d. After 60 minutes - 0
2. Smoking is not allowed in some places. Is it difficult for you to stay in a place where smoking is not allowed?
 - a. Yes - 1
 - b. No - 0
3. Which cigarette do you need most?
 - a. The first smoke in the morning - 1
 - b. Any other smoke in the day - 0



4. How many cigarettes do you smoke?
 - a. 0-10 in a day - 0
 - b. 11-20 in a day - 1
 - c. 21-30 in a day - 2
 - d. 31 or more in a day - 3
5. Do you smoke more first thing in the morning than during the rest of the day?
 - a. Yes - 1
 - b. No - 0
6. Do you smoke when you are sick?
 - a. Yes - 1
 - b. No - 0

Add up the numbers beside the answers you circled.

MY TOTAL: _____

Total is under 5 – Your addiction is low. Act now before you become more addicted. It doesn't take long to become very addicted.

Total is 5 to 7 – You are addicted. If you do not quit now your addiction will grow stronger. It will be harder to quit later.

Total is more than 7 - Your addiction is controlling you! It's time to make a change.



Footnote: Adapted from: Heatherton TF, Kozlowski LT, Frecker RC, Fagerström KO. The Fagerström test for nicotine dependence: a revision of the Fagerström tolerance questionnaire. British Journal of Addiction 1991; 86(9):1119-1127.

Why Do You Smoke?

Why do you smoke? Why do you want to quit? You smoke for many reasons. To feel good about quitting, you need to know why you like smoking. Many people don't like to smoke, but the addiction is too strong to just stop. For example, you might smoke because you like the way it relaxes you. You might smoke because it helps you feel like you are dealing with your stress. On the other hand, you have good reasons to quit. Maybe you don't want to spend money on cigarettes. Maybe you want to quit for the health of your children or grandchildren.

Thoughtfully list all the reasons you can think of below

<i>Reasons for Smoking</i>	<i>Reasons to Break Free from Tobacco</i>



Have you tried before? Think back to when you have tried to quit.

Why did you quit? _____

What was easy about quitting? _____

What was hard about quitting? _____

“I have not failed. I’ve just found 10,000 ways that won’t work.” Thomas Edison



Why did you start smoking again?

What could you do differently this time to help you quit for good?

Tracking Your Triggers

Think about how you smoke. When do you usually smoke? Where are you when you smoke? Who are you with? Use the Smoking Diary to write down every cigarette you smoke. This will help you to understand your triggers and your daily smoking routines.

How to use the Smoking Diary

The numbers on the left-hand side represent a cigarette or smoke session. Each time you smoke, write down:

- When and where you smoked.
- What you were doing and who you smoked with
- How you felt and how strong the craving was (1 for weak, 2 for moderate, 3 for a strong craving)
- After the first few days, you may want to add the final columns regarding the reason for smoking/not smoking, and the feeling after smoking/not smoking.



Keep writing on your Smoking Diary for 3 to 5 days. With every cigarette, ask yourself, “Do I really need this cigarette? Can I wait or do something else right now?” You may find that you are able to avoid some cigarettes. Examine your feelings after you smoke or resisted smoking. Be honest. Were you excited? Did you feel empowered? Weak? Frustrated?

MY SMOKING DIARY

	TIME	PLACE	WHAT YOU WERE DOING	WITH WHOM	MOOD <i>GOOD/BAD</i>	CRAVING Scale 1-3	SMOKE Yes No	REASON for 'smoke' or 'no smoke' decision	FEELING after “Smoke” or “No Smoke” decision
1								(Use this section after the first few days to learn more about your decisions and feelings.)	
2									
3									
4									
5									
6									



7									
8									
9									
10									
11									
12									
13									
14									
16									
17									
18									
19									
20									



SMOKING DIARY NOTES (Comments or thoughts that can help you face life without cigarettes.): -

You Have Options for Quitting!

There are many ways to quit smoking. Maybe you have tried some of them. You are not limited to only one way to quit. Here are some ways to become smoke-free.

All at Once Quitting all at once (“cold turkey”) means that one day you just stop smoking. Some people like to quit without anyone’s help. To make this work you must have a plan and stick to it! Speaking to a counsellor and reading self-help materials such as this workbook can help you. Quitting can be very hard. Most people need some help to quit.



Nicotine Replacement Therapy (NRT)

Nicotine replacement therapy or NRT can reduce your nicotine withdrawal symptoms, including cravings, making it easier to quit. NRT works by giving you some of the nicotine you used to get from cigarettes, which should help you to smoke less. Nicotine is still a drug and needs to be used with supervision. When used properly, NRT allows people to get their nicotine in a safer form. NRT is available in several forms, as a gum, a patch, a lozenge, a mouth spray, or an inhaler. You may find different strengths and brand names. You do not need a prescription for these and can buy them at your local pharmacy or store. Your pharmacist or health care provider should help guide you in your choices.

Other Medicines

Your doctor may recommend a medication to help you quit smoking. Some medications that do not contain nicotine can help reduce the symptoms of nicotine withdrawal. These medicines may be available in your area. Ask your doctor. Be sure to visit your health care provider before your quit day, so they can help you choose the best options to support your decision to quit smoking.

When Avoiding a Smoke, You can always Practice the 5 D's:

1. Delay. Cravings usually go away in 5 to 10 minutes. You can get through it. Recent TV programme shared that if you can delay going for the chocolates by 25 seconds (so lock the cupboard) then you may by then have decided not to bother!



2. Distract. Be active. Start a new hobby to keep your hands busy.
3. Deep Breath. Deep breathing can help you relax and focus your mind on something else.
4. Drink Water. Drinking water helps your body get rid of the bad stuff. Drinking water also helps keep your hands and mouth busy.
5. Do Something. Physical activity is a great way to distract yourself from urges and will help lessen the cravings and withdrawal symptoms. Go for a walk or do something you enjoy. It is tough, but try to avoid places where you normally smoke. Even avoiding other smokers can help! Tell your friends who smoke that you have decided to quit. They will understand if you need to stay away for a while.

Support Systems

Get some help from your friends! Quitting is easier if you ask a friend or family member for support. A group program like Breathe Free 2 can be very helpful, especially because of one-on-one support from professionals who have helped others quit successfully. However, an on-line support group can also supply encouragement and guidance to help you achieve your goals.

Tell someone about your plans. By communicating to others your plan to quit smoking, you will gain more support. Telling others makes it harder to change your mind. Ask them to support you on your journey to quit. Support from friends and family can really make a difference in your success.



Build your support network. Your support network can be family members, friends, medical providers, or others who have quit smoking. These people will be there when you need someone to talk to. They can help you resist the urge to smoke. Maybe you know another smoker who would also like to quit. You could work together to stay smoke-free. Find at least one person who will support you. Let them know you're quitting.

My Support Network is:

Set a Quit Date!

You are ready. It's time to select your quit date. Think about what you have to do in the next few days. Avoid stressful times when you know you will want to smoke and choose a time that will work best for you. You could start on a weekend to focus on quitting. Or maybe the next Breathe Free 2 meeting will work better for you!

There will be no perfect day to quit smoking, but our experience tells us it helps if you choose a date between today and the third Breathe Free 2 meeting, so you can have maximum support during your first few days. If you have planned carefully and feel ready to go, it goes a long way helping you do it! A good quit date will give you enough time to prepare, but will not give you time to change your mind.



Use the Smoke Free calendar below to record your scheduled events and set a quit date that works for you:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

I will quit smoking on: _____

Consider sharing your quit date with others! Tell your family, your friends, co-workers, or post it on a social network site such as Facebook. This is a good time to inform your support network and seek their encouragement!

Write down your top reasons for wanting to quit smoking. Take a look at these reasons on those really hard days. You have good reasons to quit! Don't forget them. [go to next page for list to fill out.]



Reasons I am quitting smoking -

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Your Plan Summary: Now it's time to put your plan together.

After talking with your doctor and getting his support for your efforts, sign your intentions here:

My quit date: _____

My reasons for quitting: _____

My quitting method(s): _____

My support network: _____

My main triggers for smoking I will use the following coping strategies to deal with my cravings:



My Non-Smoker Contract

I hereby choose to...

Signed: _____



What Type of Smoker Are You?

To help you answer this question, complete the following quiz.

Here are some statements made by people to describe what they get out of smoking. How often do you feel this way when smoking? Circle one number for each statement. ***Important - answer every question.***

		Always	Frequently	Occasionally	Seldom	Never
A	I smoke in order to keep myself from slowing down.	5	4	3	2	1
B	Is a part of the enjoyment of smoking it.	5	4	3	2	1
C	Smoking is pleasant and relaxing.	5	4	3	2	1
D	I smoke when I feel angry about something.	5	4	3	2	1
E	When I have run out of my tobacco supply, I find it almost unbearable until I can get more.	5	4	3	2	1
F	I smoke automatically without even being aware of it	5	4	3	2	1
G	I smoke to stimulate me, to perk myself up.	5	4	3	2	1
H	Part of the enjoyment of smoking comes from the steps I take to light up.	5	4	3	2	1



I	I find smoking pleasurable.	5	4	3	2	1
J	When I feel uncomfortable or upset about something, smoking helps me.	5	4	3	2	1
K	I am very much aware of the time in the day when I am not smoking.	5	4	3	2	1
L	I light up a cigarette without realising I still have one burning in the ashtray.	5	4	3	2	1
M	I smoke cigarettes to give me a 'lift'.	5	4	3	2	1
N	When I smoke, part of the enjoyment is watching the smoke as I exhale it.	5	4	3	2	1
O	I want to smoke most when I am comfortable and relaxed.	5	4	3	2	1
P	When I feel 'blue' or want to take my mind off cares and worries, I smoke.	5	4	3	2	1
Q	I get a real craving for a smoke when I haven't smoked for a while.	5	4	3	2	1
R	I have found myself smoking and didn't remember starting the smoke.	5	4	3	2	1



How to Score –

1. Enter the numbers you have circled to the questions in the spaces below, putting the number you have circled to Question A over line A, to Question B over line B, etc.
2. Total the 3 scores on each line to get your totals. For example, the sum of your scores over lines A, G, and M give you your score on Stimulation; lines B, H, and N give the score on Handling, etc.

$$\begin{array}{c} \underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad\quad} \text{Stimulation} \\ \text{A} \quad \quad \text{G} \quad \quad \text{M} \end{array}$$

$$\begin{array}{c} \underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad\quad} \text{Handling} \\ \text{B} \quad \quad \text{H} \quad \quad \text{N} \end{array}$$

$$\begin{array}{c} \underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad\quad} \text{Pleasurable Relaxation} \\ \text{C} \quad \quad \text{I} \quad \quad \text{O} \end{array}$$

$$\begin{array}{c} \underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad\quad} \text{Crutch: Tension Reduction} \\ \text{D} \quad \quad \text{J} \quad \quad \text{P} \end{array}$$

$$\begin{array}{c} \underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad\quad} \text{Craving: Psychological Addiction} \\ \text{E} \quad \quad \text{K} \quad \quad \text{Q} \end{array}$$



$$\frac{\quad}{F} + \frac{\quad}{L} + \frac{\quad}{R} = \frac{\quad}{\quad} \text{Habit}$$

Scores can vary from 3 to 15. Any score 11 and above is high; any score 7 and below is low. To learn more about your test results, please refer to Appendix 1 in back of the workbook.

Four Main types of Smokers:

- Stimulation
- Handling/Routine
- Tension Reduction
- Pleasurable Relaxation

Ever wonder, “How will I relax, if I choose not to smoke? Or, what can I do for pleasure if I am not smoking? Or, I have no idea what to do with my hands if I’m not holding a cigarette!”

Here are some ideas to consider. Find a few you like. Add your ideas to the list.



Stimulating activities

- Call a friend
- Take a brisk walk
- Play a game with friends
- Play music
- Spend some time with a hobby
- Try a new skill, like cooking, juggling, riding a bike
- _____
- _____

Handling activities

- Play with keys in your pocket
- Hold a cold bottle of water
- Play a game
- Organise your home or workspace
- Practice twirling a pencil around your thumb
- Snap a rubber band
- _____
- _____



Calming activities

- Visit a garden or park
- Walk
- Shower
- Pray
- Read
- Take a nap
- Step outside and breathe a few deep breaths
- _____
- _____

Pleasurable activities

- Write a letter
- Play a game/ have a games night
- Attend a local event
- Assist with your child's/grandchild's project
- Walk in a pleasant place
- _____
- _____
- Sing
- Visit supportive friends



What Triggers You?

On the left, list all of your triggers (cues). What are the situations, people, places and feelings that make you want to smoke? Do you feel bored, nervous, tired, weak, excited? On the right, list a coping strategy you think would help you. What could you do to avoid smoking at this moment?

TRIGGERS	FEELINGS	COPING STRATEGIES



Costs of Smoking

Smoking is expensive. Besides the cost to your health, smoking costs money! Money you could be using for your needs, ends up going to the Tobacco companies as well as HM Government in taxes instead. Figure out how much smoking costs you each year. Do the sums!

_____ packs per week X (£) _____ price/pack X 52 = _____ (Cost per year)

Do you see any other costs to smoking (health care, family sickness, burn and smoke damage, etc.)?

_____	_____
_____	_____

What could you do with that money when you quit smoking?

List some ideas:

_____	_____
_____	_____

Think About the Benefits of Quitting

Quitting smoking is one of the best things you can do to improve your health and your life.

You don't have to wait long before good things happen!



Within 8 hours, the carbon monoxide level in your body drops. (Carbon monoxide is a toxic gas that enters your blood when you smoke, reducing the level of oxygen in your body and brain.) When you stop smoking, the oxygen level in your blood increases to normal.

Within 48 hours, your chances of having a heart attack go down. Your sense of smell and taste improve.

Within 72 hours, breathing is easier.

Within 2 weeks to 3 months, blood circulation improves. Your lungs will work up to 30% better.

Within 6 months, coughing, sinus congestion, tiredness and shortness of breath improve.

Within 1 year, your risk of suffering a smoking related heart attack is cut in half.

Within 10 years, the risk of dying from lung cancer is cut in half.

Within 15 years, the risk of dying from a heart attack is equal to a person who never smoked.

“A year from now you will wish you had started today.” Karen Lamb



Exercise and water intake are key to your success in changing health habits and beginning to feel the rewards! In the chart below, record your daily exercise with an “X” and glasses of water with tick marks (✓ - one for each glass):

Your Exercise and Water Records

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Congratulations! You are ready to begin your smoke free life.

You have set your quit date, made your plan and now you are ready to take action!



What to Do the Day Before You Quit

It is the day before your quit date. There are a few things that you can do to help make your first day easier.

- ___ Get a water bottle. Drinking water can help with cravings.
Water will help to clear your body of toxins.
- ___ Get sugar-free gum or candy.
Keep your mouth busy during those moments when you want a cigarette.
- ___ Clean! Get rid of ashtrays, lighters and cigarettes.
Clean out your car, home or other places where you usually smoke.
- ___ Set up support. Remind friends and family that tomorrow is the big day.
Post it on your Facebook or Twitter page etc. Call your support network to get them ready.

Get some extra sleep to prepare for the day you quit!



Quit Day

Congratulations! You have worked so hard and your quit day is here. Be proud of yourself. You have decided to live a healthy, smoke-free life. You have taken all of the right steps. You are ready. Begin thinking of yourself as a non-smoker. Try it. It feels good! Here is what you can expect today. You may be grumpy and feel stress. You might have a headache and have trouble focusing. You may feel nervous. This is normal.

Here are some things that can help you deal with cravings.

Keep your hands busy!	Keep your mind busy!	Keep your mouth busy!
Text your support network	Do a jigsaw puzzle	Do a jigsaw puzzle
Grab a stress ball and squeeze	Write down your progress	Chew on gum/carrot or a straw
Play with the coins in your pocket	Play a game	Sing your favourite song
Snap an elastic band	Go for a walk or run	Snack on fruits, veggies or sunflower seeds (unshelled)
Play a video or computer game	Try cooking a new recipe or helping a friend with a project	Call an old friend
Work on handcrafts or hobbies	Do a word puzzle	Brush your teeth or floss



My Choice, My Pledge:

I choose of my own free will to attend Breathe Free 2: - the Plan to
Stop Smoking.

I choose to be free from smoking.

Signature_____ Date_____



What to Expect when Quitting Smoking

Withdrawal is your body's response to being without a drug, in this case nicotine. People may feel different withdrawal symptoms. If you have tried to quit before, you know how you may feel. If this is your first time quitting, the symptoms can begin a few hours after you quit. They can last a short while or longer than you'd like. But they don't last forever! Here are some examples of what you can expect.

Withdrawal Symptoms	Why you're feeling it	How long it lasts	What you can do
You want a cigarette – it's all you can think about.	Your brain is craving nicotine, an addictive drug.	Cravings are strongest in the first few days after quitting. A few people may have occasional cravings months or years later.	Wait. Your strong craving will last only a few minutes. Try another activity. Have a drink of water. Take a walk or call a friend.
You may have a cough	When you first quit, you might notice a lot of coughing and mucus. This is a good sign. Your lungs are cleaning out the tar and dirt trapped inside. Help your	A few days	Drink lots of water to thin out the mucus and help flush out the toxins.



	lungs by allowing yourself to cough and bring it up.		
You feel tired and have low energy.	Nicotine is a stimulant. It keeps your body and brain alert. Your body is now learning how to stay alert without nicotine.	A few days	Take a nap if you're tired. Don't push yourself.
You have trouble sleeping.	Nicotine has affected your brain and sleep patterns. Your brain is changing to new sleep patterns.	1 week	Avoid the use of caffeine containing beverages such as tea, coffee or cola. These often are powerful cues to smoking.
You have trouble concentrating.	Your brain is used to getting a buzz from nicotine. Now it's learning to stay alert without nicotine.	1 week	Take lots of breaks if working on a task. Go for a walk or stand near a window and take a few deep breaths.
You're in a bad mood	Your body craves nicotine.	2-4 weeks	Take a walk / do some other exercise. Try to relax. Take a hot bath / Listen to soft music, or stretch.



You may have constipation.	Your bowels may move less often than before. This won't last forever. Give your body time to change. Your bowel movements will become regular again	A few weeks	Drink lots of water. Eat high-fibre foods such as fruits and vegetables, beans, lentils, and whole grains. Consider adding seeds (such as sesame, chia or ground flax seeds) to your meals for added fibre.
You feel hungry.	Your brain is confusing a nicotine craving for hunger.	2-4 weeks	Eat healthy meals and snacks. Try crunchy snacks such as raw vegetables and fruit. Drink lots of water. Chew sugar-free gum. Avoid substituting food for cigarettes.

Some of these symptoms can make you uncomfortable. Cravings can be hard to deal with. Remember that your body is healing itself from the damage caused by smoking. The symptoms will not last for long. The best way to deal with them is to prepare ahead of time. Once you are smoke-free, you will be happy that you quit.



HALT:

H = Hungry Irregular eating produces swings in blood sugar that may affect the brain's ability to function normally and rationally. Regular meals will help keep your blood sugar up and your body's metabolism running smoothly.

A = Angry Built-up anger and resentment towards a person or a thing which frustrates you is a good way to start craving a smoke to break the tension. Instead, allow yourself time to cool off, invest positively into relationships, trust that God is in control and things will be made right in the end.

L = Lonely Loneliness may lead to a case of self-pity which can prompt a search for the comfort of that familiar crutch, a cigarette. Seek to spend more time with your family, seek help from your support group, call an old friend, or talk to others who are interested in similar things.

T = Tired Lack of adequate rest on a regular basis affects your emotional stability. When you are tired, you are more likely to over-react to stress and be more likely to seek a chemical solution. Seek to sleep 7-8 hours each night. Ways to improve sleep could include going to bed early, avoiding stimulating foods or activities just before bed, resolving conflict before the end of the day and prayer before retiring for the night.



Ten Ways to Fight an Urge

AFFIRM	FRESHEN UP WITH
I prefer to be smoke free!	Five deep breaths
I choose to be tobacco-free!	A warm shower
I love being free from smoking!	Personal grooming
BRUSH	GO FOR
Your teeth with mint toothpaste	A five-minute walk
Your hair	Count to 100 backwards
Your body with a soft towel	help from a friend
CHEW	HOLD
Vegetable sticks (celery, carrots)	Out for five-six minutes
Sunflower seeds	Onto a friend
Sugarless gum	Something in your hands
DRINK	IMAGINE
Water every hour	Your life free from cigarettes
Fresh fruit and vegetable juices	Refusing a cigarette
A glass of sparkling or mineral water	Stopping a nicotine attack
EXERCISE	JOIN
A short, brisk walk	A support group



Light calisthenics	A group serving others
Relaxation exercises	An anti-smoking movement

What to eat

In order not to sabotage your strength or resolve, healthy foods will give you the foundation you need to make positive choices. If you are wondering what kinds of foods are best, here are some ideas -

Healthy Snack Advice: Look for whole grain foods (100% whole wheat or multi-cereal breads and foods, bulgar wheat, etc.), fresh fruit and vegetables, salads, small amounts of raw or dry roasted nuts for healthy fats & proteins; lighter, regular and more consistent mealtimes at regular intervals. Avoid high-fat and refined-sugar foods.

What to drink

- *Water. - For variety, add fresh fruits (lemon, strawberry, berries...) or vegetables (cucumber, herbs, etc.) into the water for added taste. -Sparkling water -Mineral water
- *100% pure fruit juice (in moderation)
- *Avoid alcohol, tea and coffee
- *Herbal teas (without sweeteners)



Reasons to Stop Using Alcohol when going smoke-free

1. Alcohol weakens the resolve to remain smoke-free
2. Alcohol doubles risk of relapse
3. Alcohol increases performance error which leads to stress which can lead to relapse
4. Alcohol-drinking friends may encourage you to drink and relapse
5. Alcohol adds extra calories to your daily intake
6. Alcohol stimulates gastric juices which increase appetite and the tendency to overeat.

Why Caffeine is on the ‘banned’ List when going smoke-free

1. Coffee drinking is a very powerful trigger (cue) to most smokers
2. Coffee and other caffeine-containing beverages act as saboteurs to new non-smokers
3. Caffeine is a psychoactive drug - and addictive agent
4. Coffee reinforces the urge to smoke
5. Coffee increases risks of relapse
6. Coffee, like alcohol, acts as a diuretic, dehydrating the system
7. Coffee interferes with nutrient absorption
8. Coffee interferes with sleep.



Caffeine, Nicotine, and Exercise Comparison

Reasons for drinking coffee	Reasons for Smoking	Reasons for Exercise
To get going in the morning	The first thing I do	Gets you going through increased circulation
Gives me a lift	It lifts me when I am down	Gives a lift
Calms my nerves	Acts as a tranquilizer	Relaxes and calms the stresses
Gives me satisfaction	One of my pleasures	Raises endorphin levels and increases feelings of satisfaction
Coffee Withdrawal Symptoms	Nicotine Withdrawal Symptoms	Exercise Reduces Symptoms
Restlessness and irritability	Nervousness and anxiety	Calms and improves sleep
Headaches	Headaches	Increases feelings of wellbeing
Fatigue, lethargy	Fatigue, energy loss	Energizes
Palpitations	Palpitations	Regulates the heart rhythms
Constipation/diarrhoea	Constipation/diarrhoea	Stimulates bowel physiology and enhances regularity.
Tremors	Tremors	



Affirmation phrases:

I prefer to be free from smoking! I choose to be tobacco free! I love being free from smoking!

In exchange for negative thinking, how would you complete the following phrases in positive ways?

I am thankful for_____

God has helped me to this point by_____

I feel supported because_____

I am taking better care of my body by_____

I can help others by_____

I choose to be positive about my life and what God can help me achieve!



Think of yourself as a non-smoker...

What will that look like?

How would you like the new you to be perceived?

What picture comes to mind when you think of yourself in five years?

As a non-smoker, I will...



Stress

Stress is a part of our daily lives. You may smoke to cope with stress. Even thinking about quitting smoking may cause you stress. Here are some ways to deal with stress:

- Talk about it with someone
- Go for a walk or run
- Laugh!
- Spend time in prayer.

What other things could you add to this list?

Think about some of the times, places and people that cause you stress.

Write down how you will deal with these situations.

1a. I always crave a cigarette when . . .



1b. I will deal with this situation by . . .

2a. I always crave a cigarette when . . .

2b. I will deal with this situation by . . .

Stress Busters

1. Identify the causes of stress from work, family, friends, faith or community
2. Change the environment if possible
3. Accept what cannot be changed
4. Eat a balanced diet with more fruits, vegetables, and whole grains (whole cereals)
5. Eliminate, if possible, all alcohol and caffeinated beverages
6. Get eight hours of sleep each night
7. Rest one day in seven, and four weeks in 52 for relaxation
8. Exercise daily
9. Take several deep breaths when under stress



10. Practice relaxation exercises
11. Mentally make the best of a bad situation
12. Seek spiritual harmony and contentment. Eliminate moral conflicts so your belief and deeds are united.

Relaxation Exercises

Select one of the following muscle groups and tense that set of muscles for 5-10 seconds each. Release and let go. Take a deep breath, exhale and repeat by tensing another group.

Head: - Wrinkle your forehead. Relax. Squint your eyes tightly. Relax. Open your mouth wide. Relax. Push your tongue against the roof of your mouth. Relax. Clench your jaws tightly. Relax.

Neck: - Push your head back into the pillow. Relax. Bring your head forward to touch your chest. Relax. Roll your head to your right shoulder. Relax. Roll your head to your left shoulder. Relax.

Shoulders: - Shrug your left shoulder up as if to touch your ears. Relax. Shrug your right shoulder up as if to touch your ear. Relax. Shrug both shoulders up as if to touch your ears. Relax.

Arms & Hands: - Hold your arms out and make a fist with each hand. Relax. One side at a time; push your hands down into the surface where you are practicing. Relax. One side at a time: make a fist, bend your arm at the elbow, tighten up your arm while holding the fist. Relax.



Chest and Lungs: - Take a deep breath. Relax. Tighten your chest muscles. Relax. Arch your back. Relax.

Stomach: - Tighten your stomach area. Relax. Push your chest muscles out. Relax. Pull your stomach area in. Relax.

Hips, Legs, and Feet: - Tighten your hips. Relax. Push the heels of your feet into the surface you are practicing on. Relax. Tighten your leg muscles below the knee. Relax. Curl your toes under as if to touch the bottom of your feet. Relax.

Sleep Strategies

Sleep Robbers -	Sleep Inducers -
1. Heavy, late meal.	1. Eat a light, early dinner.
2. Excitement, noise, loud music before bedtime.	2. Reflect quietly on positive thoughts.
3. Irregular schedule from day to day.	3. Eat and sleep at regular times.
4. Drugs: Caffeine, alcohol, drinks containing caffeine.	4. Drink warm herbal tea before bedtime.
5. Worry, anxiety.	5. Practice stopping your busy mind when it's time to sleep.



6. Lack of physical exercise.	6. Exercise during the daytime.
7. Too hot a room, stale air.	7. Breathe fresh air.
8. Napping during the day.	8. Bathe in lukewarm water.
9. Body pains.	9. Soak feet in a hot foot bath or put a hot towel on your neck.
10. Junk foods with lots of fat and sugar.	10. Eat nutritious, high-fibre meals.



Profiles of a Successful Non-Smoker

The following exercise is designed to discover what areas of your success profile will strengthen your chances of succeeding in the smoking cessation process or may need extra work.

Instructions:

First read the characteristic, followed by the definition of that characteristic. Then, circle either 1 = low, 2 = medium, or 3 = high that matches the amount of that characteristic you believe you have. Be as honest as you can.

Characteristic	<i>Low</i> (1)	<i>Medium</i> (2)	<i>High</i> (3)
<i>Self-esteem</i> - The belief in one's self. The value of a person.....	1	2	3
<i>Self-Confidence</i> -			
Belief in one's own abilities to accomplish an objective.	1	2	3
<i>Self- Control</i> - Control of one's own emotions, desires, and actions.	1	2	3
<i>Commitment</i> - The delivery of a pledge or a promise.	1	2	3
<i>Compliance</i> - To act in accordance with a reasonable request.	1	2	3
<i>Social Support</i>			
To receive courage, faith, help or comfort from others.	1	2	3
<i>Social Attitude</i>	1	2	3
A positive mental set assumed by an individual towards other individuals.			



Community Support	1	2	3
These are laws, morays, or public opinion which support individual objectives.			
Stress Level The individual's perceived level of stress in his/her life.	1	2	3
Number of times trying to quit			
How many times have you tried to stop smoking before?	0	1-3	4+
Optimistic The tendency to take the most positive view of a matter.	<u>1</u>	<u>2</u>	<u>3</u>
Score: _____			

“Profiles of a Successful Non-Smoker” Results: =

Research has shown that people succeed in meeting their objectives when certain factors are in place. Those individuals who are attempting to break free from tobacco will have more or less success depending upon their level of positive variables, such as, ability to cope with pressures, compliance with a programme, early commitment, young smoking habit, lighter intensity of smoking, and those with health concerns related to smoking, to name a few. Except for stress level (not usually positive) and the number of quit times (personal effect could vary), generally, the higher the result of this test, the higher the chances are you will succeed. If you recognise that one of these traits may be attributable to your situation you may wish to concentrate on that area so that smoking cessation may be more successful.



Healthy Self-Image (Leads to Action and Self-Respect)

I AM...	I WILL...
Think of five positive beliefs you hold about yourself and your strengths that can help you stop smoking. Start each sentence with "I am..."	Think of five ways to use these strengths to counter your tobacco addiction.
"I am..." Statements	"I will..." Statements
Example: I am able to make positive health choices.	Example: I will counter my urge to smoke by repeating, "I choose to be tobacco free."

Reward Yourself

This is the fun part! You deserve a reward for staying smoke-free. Give yourself a treat or something special, just for you! You should have extra money for a treat because you have not been smoking!

- Do something that refreshes you.
- Make a special meal and invite family and friends.
- Visit a spa.
- Have dinner out.
- Buy something you have always wanted.
- Spend time on your favourite hobby.

List some of the other special ways that you can reward yourself. _____



Countering Withdrawal Rationalisations

Rationalizations	Reality
1. It's too hard to quit.	1. Yes, it is hard, but withdrawal pains last less than a week. Millions of people have succeeded. You can too.
2. Going without is agony.	2. If you use the Ten Ways to Fight an Urge, it will be much easier.
3. I've tried to quit hundreds of times before and I won't be able to stick it out this time either.	3. We learn by trying. Your past attempts were of times good practice. This time you have more information to help you to stick it out.
4. Smoking helps me relax.	4. Nicotine first stimulates and then depresses. Exercise and a warm bath will give true relaxation.
5. Smoking helps my concentration	5. Smoking deprives your brain of oxygen.
6. If I stop smoking, I'll gain weight.	6. There are many healthier methods to lose weight than smoking.
7. I have to smoke to keep from feeling anxious.	7. This condition will go away soon. In the meantime, counter irritability or anxiety by taking a brisk walk.
8. I won't know what to do with my hands if I don't smoke.	8. Hold a pencil, a paper clip, or a marble, or simply clasp your hands together.
9. Sometimes I have an overwhelming urge.	9. Avoid high-risk situations you associate with smoking. Plan ahead how you will handle the desire for a cigarette in trigger situations. Urges pass relatively quickly.
10. I might as well give up! I blew it! I smoked again!	10. Smoking once does hurt—it sets you back. But it doesn't mean you've blown it. You have also had some successes. You got through some days without smoking. You have learned a lot. Don't



	let smoking once serve as an excuse to go back to your old life. You love being free from smoking! You can continue to be free from smoking.
--	--

Remember: You only fail when you fail to try again!

Dealing with Feelings of Loss

You may notice tobacco has been a companion, a friend of sorts, and you may experience stages of grief when saying goodbye. Have you ever experienced one of the following? If so, how did it feel? What helped you through it?

Consider sharing your insights with others who can relate.

- Denial (“Smoking won’t really harm me.”)
- Bargaining (“I’ll quit tomorrow.”)
- Emotion/Anger (“How did I get into this?”)
- Depression/Loneliness (“I can’t make it.”)
- Panic (“How do I get out of this?”)
- Guilt (“Why did I allow smoking to control me like this?”)
- Hope and Acceptance (“I used to rely on tobacco, but it never gave me what I was looking for.”)

The final goal is to reach the “Hope & Acceptance” stage with your choice to let go of tobacco, realising that smoking never was a true friend.



Rational versus Irrational thinking

In the world in which we live there is a lot of irrational thinking that drives people's actions. An example, "My grandfather lived to be 99 years old, he smoked all his life, but he never had lung cancer!" In your struggle to be free of tobacco it will be invaluable to make sure you practice rational thinking! Make your choices based on:

- Established facts
- Actual risks
- Choose positive actions
- Move forward toward the goal
- Minimise internal stress (i.e., Conflict with self)
- Minimise external stress (i.e., Conflict with environment, friends, family, etc.)

Don't forget about some of the great benefits of quitting:

- You will save money
- Your sense of smell and taste will come back. Your food will taste better!
- People will stop asking you to quit!
- You will look and feel younger. Smoking causes wrinkles and ages your skin
- Your home and clothes will smell better.



What other benefits can you add to this list?

Second-hand Smoke

Think of the benefits of quitting smoking for your family or those you spend the most time with! Those who were with you also breathed in smoke. It is called second-hand smoke.

Dangers of Second-hand Smoke:

- Second-hand smoke (SHS) contains the same substances and poisons as those smokers inhale
- Increases the risk for Sudden Infant Death syndrome (SIDS) for young children
- Has immediate adverse effects on the cardiovascular system
- Can cause coronary heart disease and stroke
- Interferes with the normal functioning of the heart, blood and vascular systems
- Damages body cells of mums and unborn babies, creating future health problems
- Causes lung cancer in adults who have never smoked
- Causes health problems in children & adults - asthma, bronchitis, ear infections, and pneumonia.

When you are struggling, remember this encouragement from the prophet David: “Wait on the Lord; Be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord.” From the Psalms (27:14)



Weight Gain

You may be worried that you will gain weight when you quit smoking. Some people can gain between 2 to 5 kilograms. If you do gain a little weight, do not let it keep you from quitting. Even if you gain a little weight, you will still be healthier than if you continued smoking!

Tips to maintain a healthy weight.

Although most people only gain a little weight, you may not feel comfortable with the extra weight. Here are some tips to help you maintain your weight while still quitting smoking:

- Be Active. Being active helps with withdrawal symptoms and cravings and prevents weight gain.
- Drink Lots of Water. It will help to flush the nicotine from your system. It can help control nicotine cravings and helps with food cravings.
- Eat Well. Nicotine stops hunger. When you're quitting, you may feel hungrier. Also, food may taste and smell better. Choose plenty of healthy foods such as fruits, vegetables and whole grains to help with cravings. Minimise high calorie snack foods such as sweets, chocolates and fizzy drinks.

“Nothing diminishes anxiety faster than action.” Walter Anderson



Exercise

Exercise and healthy eating can help manage your weight while you are quitting. There are many benefits to exercise!

- It gives you more energy
- It decreases stress
- It makes you sweat! You burn calories!
- It improves your mood
- It increases your self-esteem and confidence
- It is a distraction from smoking
- It helps to decrease cravings and withdrawal symptoms
- It improves the quality and quantity of sleep
- You feel better after exercising!

You don't need to go to a gym. You can exercise at home or with friends at the park or recreation centre. Walking for 30 minutes five times a week is a great way to stay in shape. Here are some other options:

- Take the stairs instead of the lift
- Get off the bus a few stops early and walk
- Take a walk at lunch time or after dinner
- Walk with a friend.



Principles of Weight Control

1. Eat a healthy breakfast composed of whole grain (or multi-cereal) bread, low-fat proteins, vegetables and fruits
2. Plan the mid-day meal around legumes, vegetables and grains
3. Eat a light evening meal
4. Limit intake of refined sugars and desserts
5. Limit intake of fatty foods which are also high in cholesterol
6. Drink at least six to eight glasses of water a day
7. Exercise daily, at least a total of 30 minutes
8. If, after following these principles, you do not lose the weight desired or maintain your weight, do not eat any food or drink (besides water) after 4p.m.

See life through the eyes of a non-smoker...

Ask a non-smoker friend what they do during normal life events. Write down what they tell you and consider following their example.

- When waking up _____
- Eating a meal _____
- Answering the telephone _____
- Drive a car _____



- Experience a stressful situation _____
- When offered a smoke _____
- When relaxing _____
- Other situations _____

Each time you actually respond to a situation or a craving like a non-smoker, you will reinforce the image of yourself living free from tobacco and strengthen your belief that you are, in fact, a non-smoker.

Become Aware of Regular Events That Were Associated by You With Smoking

Smoking is associated with daily, weekly, monthly, yearly and life events. If you have been smoking for a long time, these habits have been ingrained for years and may catch you by surprise. Take a moment and think through the regular events during which, or afterward, you have always smoked.

Behaviour associated with smoking...	A non-smoking behaviour to replace it...
Daily:	Daily:



Weekly:	Weekly:
Monthly:	Monthly:
Yearly:	Yearly:
Life Events:	Life Events:



Lung health is important for overall health. The lungs handle around 10,000 litres of air every day! The lungs help filter dust, industrial and organic pollutants, and infectious particles. Smoking adds even more toxic particles to the lung's burden.

Try this exercise to improve your lung function, oxygen intake and relaxation:

Deep Breathing Exercise

1. Place hand on diaphragm over the upper abdomen
2. Inhale deeply through nose, feeling abdomen (diaphragm) expand
3. Hold breath for a couple seconds
4. Relax
5. Exhale very slowly through the mouth, feeling abdomen contract. Continue pushing air out until you feel like coughing
6. Repeat slowly four times
 - If you have a tendency to hyperventilate, go cautiously
 - If you aren't sure how to breathe with your diaphragm, lay on the floor on your back
Put a book on your belly and inhale until the book lifts up.

Social Benefits of Being Smoke Free

1. I have more time to devote to work, family and friends



2. My breath smells fresh again
3. My house, car and clothes smell cleaner
4. I leave other people's property clean and without smoke damage
5. I stay well and help keep others well
6. I'm a better listener when not distracted by smoking
7. My money and pockets are free for other things
8. I can now enjoy attending non-smoking social events like religious and social gatherings
9. I'm more employable by companies who have smoke-free environments and values
10. I'm free to sit in any section of restaurants, theatres and public transportation
11. I'm no longer distracted by smoking while driving
12. I get positive feedback from my non-smoking family and friends.

Weekend Plans:

1. How far have you come? How many days have you been smoke-free? _____
2. On Monday morning will you still be smoke-free? _____
3. Do you realise how valuable you are? Consider the lives you impact. Would you like to make a positive impact? ___No ___Yes
4. Are you willing to care for yourself and others by choosing positive lifestyle options? ___No ___Yes
5. Review the benefits of being smoke-free



6. Plan for success. Review your master plan for blocking triggers
7. Enjoy the challenge. Exercise your willpower to say, “Thank you, but I choose not to smoke.”
8. Discipline your mind to think on subjects other than smoking
9. Do not allow thoughts of failures to linger
10. Repeat your affirmation: “I love being free from smoking!”

Secrets for a Healthy Life

- Choose to eat whole grains (multi-cereal) and legumes daily (including beans, lentils, and peas.)
- Eat the rainbow: Choose to eat a variety (varied colours) of fresh and cooked vegetables and fruits every day
- Choose foods low in fat and cholesterol, and low-fat dairy products. If eating red meat is part of your menu, limit your intake to 250 grams (9 ounces) or less per week; trim fat from meat portions
- Drink 8 or more glasses of water a day. Avoid all alcoholic and caffeinated beverages
- Choose to exercise 3 to 5 times a week. Walking for 30 minutes is a good option
- Choose to regularly breathe deeply of fresh air. Avoid tobacco smoke and smokeless tobacco
- Choose to get 7-8 hours of uninterrupted sleep every night.



Ten Tough Times

List ten tough smoking-related situations you may encounter in the next six months and how you will achieve your success.

Situation	What I Plan to Do
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10



MANAGING YOUR ENVIRONMENT

As you are learning this non-smoking lifestyle, it is important to manage your environment. Here are a few things you can do to set up your environment for success:

- Avoid situations you know will be tempting
- Minimise the strength of tempting situations proactively:
 - Tell the host ahead of time that you no longer smoke
 - Ask if there will be a non-smoking section
 - Resolve to choose only non-alcoholic beverages so my judgment and decision making abilities are not thwarted
- Make as many public statements as you can that you are tobacco-free
- Plan and practise my answer to anyone who offers me a smoke
- Pray before you go
- Enlist supportive friends to remind you of your goal
- Remind myself I love being free from smoking.

Consider this: One of the most powerful things you can do to assure your long-term success is to help others become non-smokers.



Values Indicator

Should I remain Smoke-free?

Is my choice to remain smoke free:

1. Consistent with my spiritual, moral, and ethical beliefs? ☐ Yes ☐ No
2. Consistent with scientific knowledge? ☐ Yes ☐ No
3. Supportive of self-preservation, personal health and happiness? ☐ Yes ☐ No
4. Legal? ☐ Yes ☐ No
5. Practical and of reasonable value for others to follow? ☐ Yes ☐ No

Does my choice to remain smoke free:

6. Conserve the natural resources of the environment? ☐ Yes ☐ No
7. Support the morals of the society around me? ☐ Yes ☐ No
8. Benefit my immediate family? ☐ Yes ☐ No
9. Contribute to the quality of my work? ☐ Yes ☐ No
10. Have benefits that outweigh anything that seems negative? ☐ Yes ☐ No

If the answer is Yes to most of these criteria, you have made a solid decision.

Your chances of long term success are good.



Maintenance

You've quit. That's great. You have managed to be smoke free for a few days or a few weeks. How are you feeling? What are some of the benefits you see from quitting?

Review your coping plan and prepare for continued success!

Dealing with a Setback

If you do have a cigarette after you quit, or even just a puff, don't worry. Many have setbacks. But make sure you get right back on track. Remember that a setback does not mean you have failed. You can learn from it. Use this opportunity to learn something new about yourself. Learn and move on.

1. Where were you?
2. What triggered you to have the cigarette?
3. What could you do when this trigger happens again?

You may feel confident you won't ever smoke again. You feel ready to hang out with your friends who smoke. Be careful. It can still be risky to move too quickly into situations where you would normally smoke.

You only fail if you fail to try again!



What if I start smoking again?

Quitting for any amount of time is great. Learn from this experience and remember it the next time you attempt to quit. If you think you might be ready to try again, think about your plan. Make changes based on your mistakes. If you are not ready to quit again, that's okay. Your life as a non-smoker will always be one choice away. When the time is right, find another Breathe Free 2 programme near you. It is never too late to try again! For support to quit smoking, go to Breathe Free2: <http://www.breathefree2.com>.



Appendix 1:

What Type of Smoker Are You? Quiz Results:

What kind of smoker are you? What do you get out of smoking? What does it do for you? This test is designed to provide you with a score on each of 6 factors which describe many people's smoking. Your smoking may be well characterised by only one of these factors, or by a combination of factors. In any event, this test will help you identify what you use smoking for and what kind of satisfaction you think you get from smoking.

The six factors measured by this test describe one or another way of experiencing or managing certain kinds of feelings. Three of these feeling-states represent the positive feelings people get from smoking:

- 1), a sense of increased energy or stimulation,
- 2) the satisfaction of handling or manipulating things, and
- 3) the enhancing of pleasurable feelings accompanying a state of wellbeing.

The fourth is the decreasing of negative feelings by reducing a state of tension or feelings of anxiety, anger, shame, etc.

The fifth is a complex pattern of increasing and decreasing "craving" for a cigarette representing a psychological addiction to cigarettes.

The sixth is habit smoking which takes place in an absence of feeling—purely automatic smoking.



A score of 11 or above on any factor indicates that this factor is an important source of satisfaction for you. The higher your score (15 is the highest), the more important a particular factor is in your smoking and the more useful the discussion of that factor can be in your attempt to quit.

1. **STIMULATION** - If you score high or fairly high on this factor, it means that you are one of those smokers who is stimulated by the cigarette - you feel that it helps wake you up, organise your energies, and keep you going. If you try to give up smoking, you may want a safe substitute, a brisk walk or moderate exercise, for example, whenever you feel the urge to smoke.
2. **HANDLING** - Handling things can be satisfying, but there are many ways to keep your hands busy without lighting up or playing with a cigarette. Why not toy with a pen or pencil? Or try doodling. Or play with a coin, a piece of jewellery, or some other harmless object.
3. **ACCENTUATION OF PLEASURE** - It is not always easy to find out whether you use the cigarette to feel good, or to keep from feeling so bad. About two-thirds of smokers score high or fairly high on accentuation of pleasure, and about half of those also score as high or higher on reduction of negative feelings. Those who do get real pleasure out of smoking often find that an honest consideration of the harmful effects of their habit is enough to help them quit. They substitute eating, drinking, social activities and physical activities - within reasonable bounds - and find they do not seriously miss their cigarettes.
4. **REDUCTION OF NEGATIVE FEELINGS OR “CRUTCH”** - Many smokers use the cigarette as a kind of crutch in moments of stress or discomfort, and on occasion it may work; the cigarette is sometimes used as a tranquiliser. But the heavy smoker, the person who tries to handle severe personal problems by smoking many



times a day, is apt to discover that cigarettes do not help him deal with his problems effectively. When it comes to quitting, this kind of smoker may find it easy to stop when everything is going well, but may be tempted to start again in a time of crisis. Again, physical exertion, eating, drinking, or social activity—in moderation - may serve as useful substitutes for cigarettes, even in times of tension. The choice of a substitute depends on what will achieve the same effect without having any appreciable risk.

5. “CRAVING” OR PSYCHOLOGICAL ADDICTION - Quitting smoking is difficult for the person who scores high on this factor, that of psychological addiction. For them, the craving for the next cigarette begins to build up the moment they put one out, so tapering off is not likely to work. They must go “cold turkey.” It may be helpful for them to smoke more than usual for a day or two, so that the taste for cigarettes is spoiled, and then isolate themselves completely from cigarettes until the craving is gone. Giving up cigarettes may be so difficult and cause so much discomfort that once they do quit, they will find it easy to resist the temptation to go back to smoking because they know that someday, they will have to go through the same agony again.

6. HABIT - This kind of smoker is no longer getting much satisfaction from his cigarettes. They just light them frequently without even realising they are doing so. They may find it easy to quit and stay off if they can break the habit patterns they have built up. Cutting down gradually may be quite effective if there is a change in the way the cigarettes are smoked and the conditions under which they are smoked. The key to success is becoming aware of each cigarette you smoke. This can be done by asking yourself, “Do I really want this cigarette?” You may be surprised at how many you do not want.



SUMMARY OF TEST

If you do not score high on any of the six factors, chances are that you do not smoke very much or have not been smoking for very many years. If so, giving up smoking - and staying off - should be easy.

If you score high on several categories, you apparently get several kinds of satisfaction from smoking and will have to find several solutions. Certain combinations of scores may indicate that giving up smoking will be especially difficult. Those who score high on both reduction of negative feelings and craving, may have a particularly hard time in going off smoking and in staying off. However, there are ways to do it many smokers represented by this combination have been able to quit.

Others who score high in these areas may find it useful to change their patterns of smoking and cut down at the same time. They can try to smoke fewer cigarettes, smoke them only half-way down, use low-tar-and-nicotine cigarettes, and inhale less often and less deeply. After several months of this temporary solution, they may find it easier to stop completely. You must make two important decisions:

- 1) Whether to try to do without the satisfactions you get from smoking or find and appropriate, less hazardous substitutes, and
- 2) Whether to try to cut out cigarettes all at once, or taper off.

Your scores should guide you in making both of these decisions.

11 Kloss, Walter E. (1987), You Can Kick the Habit, Hagerstown, MD: Review and Herald Pub Assoc.



Appendix 2

Last Session Evaluation

NAME _____

DATE _____

EMAIL ADDRESS _____

PHONE _____

NUMBER OF SESSIONS ATTENDED (Circle the number of each session you attended)

1 2 3 4 5 6 7 8 9

1. Are you a smoker now? NO YES

2. If you have stopped smoking, when did you quit? _____

3. If you have stopped smoking, how did you quit? (Circle ONE)

1. Cut down first

2. Stopped all at once (Please explain) _____

3. Other _____

2. If you are still smoking, how many cigarettes (or smoking sessions) do you have per day? _____



3. Did you quit smoking at any time during Breathe Free 2? _____ Yes _____ No
6. Did you try to make any change in your smoking habits during Breathe Free 2? (Circle all that apply)
- | | |
|------------------------|-----------------------------|
| 1. Yes, tried to quit | 2. Yes, tried to cut down # |
| 3. Yes, changed brands | 4. Yes, smoked much less |
| 5. Yes, inhaled less | 6. No |
7. What have you decided to do about your smoking habit NOW? (Circle ONE)
1. Quit (or continue to stay off cigarettes)
 2. Cut down (or continue to stay at a lower rate than before)
 3. Undecided
 4. Made no change
8. What have you decided to do about your smoking habit DURING THE NEXT FEW MONTHS? (Circle ONE)
1. Quit (or continue to stay off cigarettes)
 2. Cut down (or continue to stay at a lower rate than before)
 3. Undecided
 4. Make no change
9. Did you ask God to help you quit smoking? (Circle ONE)



- | | |
|---|------------------------------|
| 1. Frequently | 2. Often -- about once a day |
| 3. Occasionally -- once or twice a week | 4. Rarely |
| 5. Never | |

10. What parts of the Breathe Free 2 programme did you find most helpful?

11. What parts of the Breathe Free 2 programme did you find least helpful?
