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The American Cancer Society welcomes you to Freshstart! Congratulations on taking your first step toward becoming a former smoker! We encourage you to take the next step to a smoke-free lifestyle by reading Session 1 of this guide.

Your Role as a Participant

Your role in the Freshstart program is to quit smoking and learn how to stay quit for life. You will help other participants a great deal by coming to each meeting prepared to share your experiences and ideas about stopping smoking. It is critical that you attend all four sessions for two reasons:

1. You will learn a lot from the sessions, regardless of whether stopping smoking is easier or more difficult than you had expected.
2. Your mere presence is crucial for you and your fellow participants.

There are four sections in your Freshstart Participant’s Guide. These sections correspond with the topics discussed in the four group sessions you should attend. Because Freshstart is an intense program packed with information, it is suggested that you read assignments following each group meeting to help you keep in mind what was discussed. Throughout the group sessions, you will be asked to complete brief written exercises designed to be informative and fun.
Understanding Why You Smoke

Session 1

Participant Objective: “It is my goal to understand why I smoke and how smoking affects those around me.”

Understanding Why You Have an Addiction and How to Quit

Do you smoke within the first 15 minutes after you wake up every day? Would you still smoke if you were sick in bed most of the day? If you have quit or tried to quit in the past, did you feel withdrawal symptoms or cravings? If you answered “yes” to these three questions, then you make up the majority of smokers who smoke because of a strong physiological need for nicotine in cigarettes and other tobacco products. This need is referred to as nicotine dependence, or nicotine addiction. People who are dependent on nicotine will experience withdrawal symptoms when quitting.

Nicotine is as addictive as cocaine or heroin. Once nicotine is brought into the body, it takes eight seconds for it to reach the brain and stimulate feelings of pleasure. Most people smoke because they are addicted to nicotine. To break free from this dependence, you must realize that you have an addiction to nicotine.

Psychological Reasons for Smoking

Do you always smoke during a certain situation or activity? If you answered “yes,” you likely smoke while:

- Driving a car.
- Talking on the phone.
- Drinking a cup of coffee.

Under these circumstances, you may not consciously think about smoking or even remember lighting up a cigarette.

Sometimes people smoke because there is a situation or place that “triggers” them to do so. Can you determine what triggers you to smoke?

- To help cope with stress or to deal with an uncomfortable situation.
- Smoking with a friend.
- To relax or to ease tension.
- To stimulate creativity.
- Because you are happy or having fun.
• Because cigarettes seem to make good times even better.
• Smoking when you drink alcohol.
• To deal with loneliness.
• To deal with boredom.
• To deal with frustration.

Activity: Take time to list the circumstances when you are most likely to smoke.

Ambivalence
Ambivalence is defined as mixed emotions or feelings. There is a good chance that as you sit in Session 1, you are questioning your desire to quit smoking – the thought of “giving up” cigarettes might not seem appealing. This is normal.

Use the next activity to assess your motivation to stop smoking. The exercise is designed to help you decide what you would most like to do: quit smoking or continue smoking.
**Activity:** There are three parts to this activity:

1. **Fill out each list.**
   Reasons to Quit Smoking and Reasons to Continue Smoking. Be honest and thorough. Make each list as long as you can. Take your time and be fair to both sides.

   **Reasons to Quit Smoking**

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   **Reasons to Continue Smoking**

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2. **Review your list. Circle the most important items on each list.**

3. **Place a star next to the most important reason on your entire list.**
Once you have finished the exercise, take time to review your list carefully. Ask yourself, “What do I want to do the most – quit smoking or continue smoking?” It may be that it is a close race, or that one list wins by a landslide. Remember that few decisions made in life are simple. If your most important answer is that you want to stop smoking, then you are ready to quit smoking.

**Activity: Quitting Reminders**

On a 3½ x 5 index card, write down the reasons you have decided to quit. Post this card in places where you are most likely to smoke (car, desk, refrigerator, etc.). This will be a reminder when you have an impulse to smoke.

**Confidence**

Confidence and faith in your abilities is essential for you to be successful at quitting. Reports estimate that for nearly 70 percent of smokers, the possibility of failure stops them from trying to quit. *Freshstart* will help you take an active approach to overcome any doubts you may experience.

One of the most important purposes of the *Freshstart* group is for the participants and facilitator to give each other confidence and support throughout the four weeks of the program. If you have tried to quit smoking before but were not successful, know that, this time, you will not be doing it alone!

**Activity: Make a list of fears you have about quitting smoking.**

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Effects of Smoking on You and Those Around You

For many smokers, the serious health hazards of smoking are the main reason for wanting to stop. Maybe you are already experiencing some smoking-related symptoms such as coughing, frequent colds, or sore throats. If you have a family history of heart disease or cancer, you may be especially concerned about smoking. Know that your concerns are justified:

- Half of all long-term smokers’ cause of death will be from tobacco use and half of those who die will do so between the ages of 35 and 69.
- Smokers lose, on average, more than two decades of life expectancy compared to nonsmokers.
- Those who die at age 70 or older will lose 5-10 years of life expectancy.

Smoking is the cause of disease.

- Lung cancer and other cancers
- Heart disease
- Stroke
- Chronic bronchitis
- Emphysema

Smoking increases the risk of developing lung cancer from environmental toxins such as radon and asbestos.

- Smokers exposed to radon have 10 times the risk of lung cancer as compared with similarly exposed nonsmokers.
- Smokers exposed to asbestos have up to 90 times the risk of lung cancer compared with similarly exposed nonsmokers.

Smoking is harmful to your health.

- Smoking increases the risk of incontinence, cataracts, osteoporosis, impotence, and infertility.
- Smoking causes premature aging, yellow teeth, and chronic bad breath.
- Pregnant women who smoke greatly endanger the life and health of their developing child.
- Children whose parents smoke are more likely to become smokers.
- People who smoke endanger the lives of those around them. Secondhand smoke can cause lung cancer and heart disease in people who have never smoked.
- Secondhand smoke causes problems in young children – ear problems, asthma, bronchitis, and other illnesses. Every year, thousands of children are hospitalized because of illness related to exposure to secondhand smoke.
Benefits of Quitting Smoking

If you are like most smokers, you don’t realize how much you have to gain from quitting. No matter how long you have been smoking, you experience major and immediate benefits once you quit. This is true whether or not you have symptoms or disease caused by smoking. See page 28 for physical benefits gained by quitting.

Methods of Quitting Smoking

Cold Turkey

“Cold turkey” means abruptly stopping all smoking. Review the following example:

Today you smoke your regular two packs and tomorrow you smoke zero cigarettes.

Any gradual method of stopping smoking is not cold turkey. Many successful former smokers have quit smoking cold turkey.

Tapering

Tapering involves smoking a fewer number of cigarettes each day. Some smokers find it helpful to taper or cut down on the number of cigarettes they smoke before quitting. Consider the following example for tapering:

Day 1: Smokes the usual 30 cigarettes.
Day 2: Smokes 25 cigarettes.
Day 3: Smokes 20 cigarettes.
Day 4: Smokes 15 cigarettes.
Day 5: Smokes 10 cigarettes.
Day 6: Smoker stops smoking.

To ensure success with the taper method, it is suggested that each day you choose to part with your “least needed” cigarettes.

Tapering reduces your level of nicotine, making it easier to quit and giving you confidence in your abilities. Be advised that this technique can be hard and that many smokers find it difficult to smoke fewer than 10-12 cigarettes per day. If you would like to try tapering, the American Cancer Society suggests you aim to decrease your number to around 10-12 cigarettes per day and then quit entirely.

Set a Quit Date

It is helpful to set a specific date to quit. We highly recommend making this a part of your plan. Once you select a quit date, be certain to tell as many people as you can – this will help you form your personal support group away from the Freshstart group.

Before you select a date, take a careful look at your calendar and try not to select a date that is likely to be stressful. Examples of stressful days:

- Start of a new job
- Funeral
- The day your child leaves for college
Mark your chosen quit date on your calendar and begin to prepare yourself. Share your quit date plans with supportive family and friends. Also, consider your smoking triggers. If being with friends who smoke or if drinking alcohol is a trigger for you, consider a quit date that does not immediately put you in those situations.

Your Freshstart facilitator will discuss setting a quit date with you.

**Quitline**

Quitline is a telephone-based tobacco cessation program. Most Quitlines are available to users free of charge and provide callers with a variety of information and services including:

- Individualized telephone counseling
- Referral to local programs
- Educational materials

Unlike traditional cessation programs where participants are required to wait until a group forms, Quitline is available year-round. Quitline callers are from all age groups, although adults are the most common callers. Callers contacting the Quitline want to quit but usually need support or they are not yet ready to quit but want more information. To locate a Quitline in your area, call 1-877-YES-QUIT.

**Nicotine Replacement Therapy (NRT)**

Nicotine Replacement Therapies (NRT) are medications that contain nicotine but not the other harmful components of cigarettes. NRTs help reduce cravings and withdrawal symptoms in smokers who are trying to quit, allowing them to concentrate on dealing with the psychological reasons behind their smoking.

NRTs are no magic bullet for smoking cessation. To be effective, they should be combined with a behavior support program like Freshstart; studies show that medication and support used together can double a person’s chances of successfully stopping smoking.

**Types of Nicotine Replacement Therapy**

1. **Nicotine Patch**
   The nicotine patch resembles an oversized adhesive bandage. The inner portion presses against the skin and slowly releases nicotine, which is absorbed into the body.

   Advantages of the nicotine patch include:
   - It’s easy to use and you just replace the patch once a day.
   - Studies show that those who benefit most from the patch are long-time smokers who have developed an extreme addiction to nicotine.
Possible side effects:

- Mild itching, burning, or tingling at the site of the patch that does not go away within an hour.
- The 24-hour patch may cause vivid, colorful dreams and difficulty sleeping. If sleep problems don’t stop within three or four days, try switching to a 16-hour patch.

Discuss any side effects with your health care professional.

2. Nicotine Gum
Nicotine gum has a similar texture to regular chewing gum. When the gum is chewed, nicotine is slowly released into the mouth. Once chewed, the gum should be placed or “parked” between the cheek and the gum. Nicotine gum delivers less nicotine to your body than a cigarette and at a slower rate.

Advantages of nicotine gum include:

- It allows you to control when you receive a nicotine dose.
- May be better than the patch for people with sensitive skin.
- Can be chewed as needed or on a fixed schedule.

Possible side effects:

- Bad taste
- Throat irritation
- Mouth ulcers
- Hiccups
- Nausea
- Jaw discomfort
- Racing heartbeat

Discuss any side effects with your health care professional.

3. Nicotine Lozenge
A nicotine lozenge looks similar to a cough drop or hard piece of candy. They can be purchased over the counter at most drug stores. Similar to nicotine gum, the lozenge is placed or “parked” against the cheek where it slowly releases nicotine into the mouth. The lozenge delivers less nicotine to your body than a cigarette and at a slower rate.

Advantages of the nicotine lozenge include:

- The lozenge comes in two doses – 2mg and 4mg.
- The lozenge can be used discreetly throughout the day.
- Nicotine enters the brain within minutes.
Possible side effects:

- Difficulty sleeping.
- Upset stomach, especially if you swallow the lozenge
- Hiccups
- Cough
- Heartburn
- Headache
- Excessive gas

Discuss any side effects with your health care professional.

4. Nicotine Nasal Spray

Nicotine nasal spray is used like all other nasal spray products – by squirting mist into each nostril. Unlike patches or gum, the nasal spray is rapidly absorbed through the nose into the bloodstream. The “hit” of nicotine you get when you use the nasal spray feels more like smoking a cigarette. Nicotine nasal spray is available only with a prescription.

Advantages of the nicotine nasal spray include:

- The spray gives immediate relief of withdrawal symptoms.
- It is easy to use.
- The spray gives a quick “rush” of nicotine, which might help heavily addicted users.

Possible side effects:

- Nasal irritation
- Runny nose
- Watery eyes
- Sneezing
- Throat irritation
- Coughing

Discuss any side effects with your health care professional.

5. Nicotine Inhaler

The nicotine inhaler looks very much like a cigarette – it holds a cartridge that delivers a “puff” of nicotine vapor into your mouth and throat, where it is absorbed. The nicotine is not absorbed into the lungs like cigarette smoke; therefore, the inhaler does not give the same “hit” of nicotine as a cigarette. Nicotine inhalers are available only with a prescription.

Advantages of the nicotine inhaler include:

- The nicotine inhaler controls the amount of nicotine you get when you have an urge to smoke.
- The nicotine inhaler may be able to satisfy an urge to put your hand to your mouth.

Possible side effects:

- Coughing
- Mouth or throat irritation
- Upset stomach

Discuss any side effects with your health care professional.
6. Bupropion (Zyban®)
Bupropion is a prescription antidepressant that is also used to treat nicotine addiction. The drug has been shown to reduce nicotine withdrawal symptoms and the urge to smoke.

Advantages of Bupropion include:
• Some studies show that it can help reduce weight typically gained after quitting smoking.
• It is safe to use with other forms of NRT.
• Patients report fewer withdrawal symptoms (cravings, anger, anxiety, and sadness) than a placebo group.
• Smokers begin taking Bupropion before they stop smoking, which helps to reduce cravings.
• People who haven’t been helped by nicotine replacement therapies may have success with Bupropion.

Possible side effects:
• High blood pressure
• Dry mouth
• Sweating
• Abdominal pain
• Agitation/anxiety
• Dizziness
• Muscle pain

Discuss any side effects with your health care professional.

Many smokers can benefit from NRT, including those who:
• Smoke more than 20 cigarettes per day.
• Smoke within 30 minutes of waking up.
• Have experienced significant withdrawal symptoms during the first week of past quit attempts.
• Have had many previous unsuccessful quit attempts.

Not everyone can use Nicotine Replacement Therapy. You should talk with your physician before you begin using NRT, if you are pregnant, or if you are being treated for a medical condition. If you do begin NRT, be sure to follow product instructions carefully.

*If you are uncertain as to which method might work best for you, take the quiz “What’s the Best Way for You to Quit?” located on the American Cancer Society Web site: http://www.cancer.org*
**Making This Attempt Your Last**

Many former smokers make several efforts to become a nonsmoker before they are successful. It is common to make five to seven attempts to stop smoking before you are successful. This information is not meant to discourage you, but to show you that you are not alone.

**Activity:** If you have tried to quit smoking in the past, the next activity will help you learn how to improve your chances of quitting for good. If this is your first attempt to stop, listening to others share their information can be a resource for you.

**My Most Recent Attempt to Quit Smoking**

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<td>3. Did I feel any improvements?</td>
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<td>4. What felt good about quitting?</td>
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<td>6. What led me to smoke again?</td>
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Participant Objective: “It is my goal to understand how I can successfully cope with withdrawal symptoms and stress when I quit smoking.”

Withdrawal Symptoms

Many new nonsmokers report experiencing some degree of withdrawal after they have quit smoking. Withdrawal is caused by the physiological addiction of smoking. There are two things to remember about withdrawal symptoms:

- Not everyone will experience them.
- They do not last long.

These symptoms are most common in the first two weeks after quitting and are typically gone within one month. Take into consideration the years you have spent smoking and all that you will gain from quitting, and you will realize that this is a very short period of time.

What are withdrawal symptoms?

Withdrawal symptoms are a sign that your body is repairing itself and returning to good health. Some quitters have no symptoms whatsoever and others report that withdrawal was much less of a problem than they anticipated. There are a variety of withdrawal symptoms:

Craving

This is the most obvious and familiar withdrawal symptom. Cravings will diminish after a few days and disappear completely in about two weeks. Fight cravings by practicing the Four D’s:

1. Take DEEP breaths. Close your eyes, breathe in through your nose, and breathe out slowly through your mouth.

2. DRINK water. Drink plenty of water throughout the day, especially during a craving. Drink it slowly.

3. DO something else – preferably something active. Call a supportive friend, dance, sing, write, go for a walk, chew on a carrot or an apple.

4. DELAY for 10 minutes. Repeat if needed – cravings only last about 20 minutes at the most.
Irritability/Tension
This is a common withdrawal symptom. It is a result of the body’s craving for nicotine.

Tingling Sensation/Numbness
Many report a tingling sensation or numbness in their arms and legs after they stop smoking. The tingling sensations are a result of improved circulation.

Lightheaded/Dizziness
An ex-smoker may feel lightheaded or dizzy due to the increased supply of oxygen to the brain now that the carbon monoxide is gone. Once the brain becomes used to functioning with a normal, healthy supply of oxygen, these symptoms will disappear.

Lack of Concentration
A result of your brain adjusting to working without being stimulated by nicotine.

Increased Coughing
Some ex-smokers will cough more when they stop smoking as a result of the body repairing itself. Our lungs are lined with tiny particles called cilia. Their function is to clean out the lungs. In nonsmokers, this process occurs on a regular basis but in smokers, this process is paralyzed and can only occur at night when a smoker is sleeping. When you quit smoking, cilia must work overtime to clean out the debris from the lungs – increasing the likelihood for coughing. Once the lungs are clean, your cough will leave for good. Note that this process may take several weeks from the time you have stopped smoking.

Increased Appetite/Weight Gain
Smoking works as both a stimulant and suppressant. It increases the amount of calories you burn, yet reduces your appetite.

Additional Withdrawal Symptoms:
- Headaches
- Restlessness
- Trouble sleeping
- Constipation

In this first few weeks after you stop smoking, try to avoid the people, places, and circumstances that trigger your urge to smoke. For instance:

1. If you typically smoke while watching TV at night, plan to go out or be busy doing something else as many nights as possible.

2. If you smoke during coffee breaks at work, take a walk outside with a friend instead.

3. If you smoke when you drink alcohol, avoid bars or social situations that may encourage drinking.
Stress Management

Stress affects almost everyone and learning to manage it can reduce its impact and make our lives easier. Stopping smoking is stressful for most people. It requires concentration to remember not to smoke and it can be stressful to have to resist multiple temptations.

Learn to manage the symptoms of stress and to relax your body through relaxation exercises. Try these relaxation exercises:

**Exercise 1: Deep Breathing Exercise**

If you have trouble balancing yourself with your eyes closed, this exercise can also be performed seated.

Stand up straight with your feet flat on the ground. Close your eyes and let your head bend forward. Let your head relax so that it naturally drops further toward your chest. Now, slowly inhale through your nose, drawing your breath deep into your abdomen. You should feel your stomach slowly expand as you inhale. Hold your breath and then slowly exhale through your nose. Repeat this exercise four times slowly. If you get dizzy, stop. When you feel ready to stop completely, open your eyes.

**Exercise 2: Muscle Relaxation Exercise**

If you have had a muscle strain, you may want to sit this exercise out. If you have trouble balancing yourself with your eyes closed, this exercise can be performed seated or lying down.

Stand up straight with your feet firmly planted on the floor, eyes closed. Begin by tensing your feet as if you were grabbing the floor with your toes. Remain in this position and make the grip on the floor with your toes and feet tighter. Now, begin to move the tension up through your ankles, your calves, and into your thighs, contracting your muscles as hard as you can. Continue to move the tension up through your stomach, chest, and shoulders. Focus on driving the tension down through the arms to the hands. Clench your fists. Now, move the tension up through your neck, face, mouth, eyes, and scalp. Hold this tension for 5 seconds, 4, 3, 2, 1, and relax. Take your time and relax your whole body. When you feel fully relaxed, open your eyes.

**Other Relaxation Techniques**

There are many ways to relax. Consider adopting the following additional relaxation techniques:

- Taking a warm bath
- Listening to music
- Walking
- Swimming
- Dancing
- Meditation or visualization
- Listening to relaxation tapes
Assertiveness

In addition to managing symptoms of stress through relaxation exercises, you can benefit by learning to better manage the source of stress in your life. Many smokers use cigarettes to avoid dealing with stress. Whether or not you are one of these people, it is important to learn to deal with stressful situations in a constructive way.

Be Assertive

Assertive means being able to express what you think and feel in a calm manner. Being assertive is one way to deal with stress and stressful situations. Passive people do not express what they think or feel. On the other hand, aggressive people express their feelings in a way aimed at controlling, dominating, or hurting others. Your goal is to be assertive rather than passive or aggressive.

Becoming more assertive will benefit you. You will be able to express anger more directly and easily. This is important because many new former smokers find that they have increased anger. The following are suggestions for becoming more assertive:

- Speak in direct, short sentences.
- Use phrases such as “I think,” “I believe,” and “In my opinion” to show that you assume responsibility for your thoughts.
- Ask others to clarify what they’re saying when you aren’t certain you understand them.
- Describe events objectively, rather than exaggerating, embellishing, distorting, or lying.
- Have direct and extended eye contact.
- Reach out eagerly to shake someone’s hand.

Activity: The following activity can help you practice being assertive.

1. List three to six stressful events.

2. List an assertive response.
3. List a passive response.

4. List an aggressive response.

Identify which response is most helpful in dealing with a particular event. Take time to complete this exercise again at home and personalize it to include stressful events that affect your life. What assertive response will you use to help manage the stressful events?

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Think Positively

Unfortunately, some stresses cannot be modified or eliminated. These situations are best handled by thinking as positively as possible. Many people find that they fall into a pattern of destructive or negative thinking. They wrongly blame themselves or circumstances over which they have little or no control. Some former smokers blame the absence of cigarettes for their problems.

Your thoughts produce your actions. Keep this concept in mind. If you feel down or tense and are thinking unpleasant thoughts, determine how you are going to respond to these thoughts so that you can be successful with your quit. (For example: Stress: I can’t handle one more day of these cravings. Negative Response/Action: I cannot handle the cravings; I am going to smoke again. Positive Response/Action: I am going to take these cravings one day at a time and re-evaluate how I feel at the end of one smoke-free week. If I fail, I am going to gear up and try to quit smoking again.)

If your thoughts are constructive, you will experience fewer symptoms of stress.

Activity: In the box below, list stresses that you cannot change. Give both a positive and a negative way of thinking about the issue.

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Make This Time Unique

This session was designed to help you manage stressful situations in your life to help you stop smoking successfully. You are probably experiencing your first few days without cigarettes. Focus on the positive fact that this time is going to be unique because this time you are going to STOP smoking.
“It is my goal to master the obstacles I will face as I move in the direction of a smoke-free lifestyle.”

By now you may be feeling better because you have stopped smoking. You may have more energy, be breathing easier, have a better sense of smell and taste, and be more alert. And every day you are saving the money you would have spent on cigarettes.

Take pride in your accomplishment! Quitting smoking is not an easy task. There is a chance that during this time you may have become more aware of some obstacles to staying quit. This session is designed to help you identify and overcome these obstacles.

Weight Gain

Research shows that about 80% of individuals who quit smoking gain weight. On average, people gain about five pounds. However, for many smokers considering quitting smoking, the fear of weight gain is a serious deterrent. Keep this in mind: 56% of people who continue to smoke will gain weight, too. Weight gain should not be a deterrent, as the health benefits of quitting smoking far exceed any risks from the average weight gain that may result from quitting.

There are many reasons for potential weight gain:

1. Nicotine in cigarettes stimulates the body’s metabolism. When you quit, this stimulant effect is lost, and weight gain can occur.
2. Food becomes a replacement for smoking without you realizing it.
3. The need for something in your mouth to replace a cigarette.
4. The need to do something with your hands.
5. The feeling as though you should treat yourself while you are quitting.

If your concern throughout the process of stopping smoking is weight gain, watching what you eat and being more active can help. You may even want to schedule an appointment with a dietitian to discuss developing a plan that can help you minimize weight gain.

Keep in mind that while eating well and exercising are important, your primary goal is to quit smoking for the rest of your life. If you are not currently active or watching your diet, trying to make these two additional behavioral changes can be overwhelming and discouraging. You can, however, make some easy changes in your eating and activity routines that will still enable you to keep focused on the task at hand: quitting smoking.
Watch portion sizes, especially of high-calorie foods. One of the easiest ways to help prevent weight gain is to pay attention to serving sizes. Many portions, in both restaurant and home-cooked meals, are too large and can quickly add up to extra pounds. Use these visuals to help you judge what a standard portion size looks like:

- 1/2 cup of vegetables or fruit is about the size of your fist.
- 3 oz. of meat, fish, or poultry is about the size of a deck of cards.
- A single serving bagel is the size of a hockey puck.
- 1 1/2 ounces of low-fat or fat-free cheese is the size of a pair of dice.
- One tablespoon of peanut butter is about the size of your thumb.

Keep healthy foods on hand. Stock your refrigerator, freezer, cupboards – even your briefcase and desk drawers at the office – with healthy, low-calorie foods. Having foods like fruits, vegetables, whole-grain crackers and cereals, and low-fat dairy products available and accessible throughout the day makes it easier to avoid higher calorie choices that you might typically reach for.

Increase your physical activity. Physical activity is a tremendous help while you quit smoking. Being active helps you cope with withdrawal symptoms, reduce stress, and avoid gaining weight. Try using a pedometer to track progress toward your physical activity goals. A pedometer counts the number of steps you take – all you have to do is clip it to your waistband and carry on with your daily activities. Your goal should be to walk 10,000 steps by the end of the day.

Achieving a daily goal of 10,000 steps per day is equivalent to walking about 5 miles. By simply carrying out typical daily activities, most people average between 4,000 and 6,000 steps per day. Attaining 10,000 steps requires a little more effort. Put forth the extra effort during the times you want to smoke the most – go for a walk with a goal to acquire more steps.

**Friends and Family**

Supportive family and friends are extremely important while quitting smoking. They can provide encouragement, distraction, humor, and warmth when you need it most. Many people find it very helpful to have one or more close friends or family members involved in their quitting smoking.

- Ask them to listen when you are expressing feelings or concerns.
- Ask them to help you stay away from tempting, high-calorie foods by suggesting, for example, fruits and vegetables instead of cookies for an afternoon snack.
- Ask them to do something physically active with you: go for a walk, ride a bike, play tennis, etc.
- Ask them to offer to do other things with you: go to the movies, a nonsmoking restaurant, a museum, etc.
If your friends and family members smoke, ask them to support you in specific ways:

- Please do not smoke around me.
- Please do not smoke in the house.
- Please do not keep cigarettes in the house.
- Please do not smoke in the car.
- Please do not offer me cigarettes.
- Please say “no” if I ask for a cigarette.

Unfortunately, not everyone who quits has that support. Some people report that their quitting makes family and friends feel angry or threatened because:

- They fear you will no longer want them to smoke around you.
- Your quitting makes them confront their own wish to quit.
- They may be envious of your success and prefer to see you remain a smoker.

If someone close to you is not helping you quit smoking, take an active, assertive approach to the problem and discuss the situation with them. If they are a smoker, let them know that you care for them just as much even though you are no longer a smoker. Remind them that if or when they want to quit, you will be helpful. Try to involve them in your quit efforts in positive ways. Resolve not to let anyone interfere with your hard work to quit smoking and to stay quit!

Activity: Make a list of all the people you can depend on to help you stop smoking.

Family and Friends

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<tr>
<th>Name</th>
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Now, write down how you would like this person to respond to you when you are having a difficult time:

Supportive Actions

Example:
Support Person: Bob
I’d like you to: Remind me that I plan on taking a cruise with the money I am saving from smoking. Remind me that I am strong enough to get by without smoking.

Support Person: ________________________
I’d like you to: ________________________

Support Person: ________________________
I’d like you to: ________________________

Support Person: ________________________
I’d like you to: ________________________

Support Person: ________________________
I’d like you to: ________________________
“It is my goal to remain smoke-free for life.”

Long-term Benefits of Stopping Smoking

Take time to congratulate yourself. Quitting smoking is the single most important thing you can do to improve your health.

As time goes on, you will find many benefits to your smoke-free life:

• Your lung capacity will continue to increase
• Your energy will continue to increase
• If you had "smoker's cough," it will disappear
• Your risk of heart disease, respiratory disease, and many cancers will continue to decrease

Ripple Benefits of Stopping Smoking

Ripple benefits are unexpected benefits that occur as part of an overall process. As you improve one area of your life, improvements in other areas often follow. As a new former smoker, you may have become more assertive and more self-confident, better at dealing with stress, more active, and healthier.

Avoiding a Return to Smoking

After all the hard work you have done, the last thing you want to do is return to smoking. Planning ahead is the key. There are certain predictable times when a former smoker, even one who has quit for many years, may return to smoking. Consider each of the following situations. Think about how you will deal with each situation without returning to smoking.

Time of Crisis

Times of crisis are triggers for former smokers. Serious illness, death of a loved one, loss of a job and break-up of a marriage or a serious relationship are all examples of times of crisis. At times like these, your resistance might be very low and the automatic response to the crisis may be to want a cigarette to help you cope. If that desire arises, remember that having the cigarette will not help in any way. The crisis will still be there waiting for you. And you will be a smoker again.
**Times of Happiness**

Oddly enough, happy times can be risky triggers, too. This may be due to the intense feelings brought on by both situations. As happy as you may feel, prepare to not return to smoking.

Another reason some ex-smokers end up smoking again is because they feel so good about not smoking – so removed and unhooked from cigarettes – that they think they can have a cigarette or two just for fun. Prepare now to resist this urge.

**Boredom and Loneliness**

Former smokers report that boring and lonely moments cause them to think about having a cigarette. For all of these reasons, you should plan to have alternatives to smoking:

- Read a book or a magazine
- Find a hobby or project and work on it
- Join a bowling league or engage in sports activity
- Organize your photo album
- Call a friend

**Alcohol**

Because alcohol and tobacco are often used together, it is helpful to stay away from bars and alcohol for a few weeks, or months, until you feel secure with stopping smoking. Plan now for how you will deal with an alcohol situation.

**Long-term Cravings**

Some long-term former smokers are surprised to find that they may experience cravings months or even years after they stop smoking. These cravings may have a tendency to come out of nowhere or at a time when you used to smoke (i.e., a card game or fishing trip).

Like earlier cravings, these too will pass. Use this as a time to reflect on how far you have come.

**Activity:** Think about times of crisis or strain in your life. Make a list of these situations and prepare a response for how you will deal with the crisis without turning to cigarettes for comfort.

Include these times of crisis and responses on the same note card you created in Session 1 describing why you made the decision to quit smoking. Carry this card with you at all times.

Revisit your response when you are faced with a situation that pushes you to cope by smoking a cigarette.
What If You Still Haven’t Quit or You Have a Relapse?

If you still haven’t quit smoking, then try, try again. Many successful former smokers made multiple attempts before they finally succeeded. Take time to think about what you learned from this experience. Ask yourself why you were unsuccessful. What will you do differently next time? Will you register for another Freshstart group or will you try to work through the guide at your own pace? Perhaps you would like to try Nicotine Replacement Therapy or a more intensive program? Your facilitator will be happy to discuss your situation with you. More than half of all Americans who have ever smoked have quit. If you keep trying, you will be one of them.

If you have gone days, even weeks, without a cigarette, and relapse by having “just one,” you are probably asking yourself if this will undo all of your hard work. The answer is NO. If you have had one or several cigarettes, take these steps to get back on track:

• If you bought a pack, throw it away.

• Figure out why you slipped. Then you can figure out what to do next time. Ask yourself: Where was I? Who was I with? What time of day was it? What mood was I in? What made me smoke? What can I do differently next time? Watch for smokers’ thoughts. Don’t downplay your slip by saying, "I only smoked a couple. What’s the big deal?” Turn that idea around: “Having a cigarette is dangerous business. I can’t let that happen again.”

• Think how far you have come. You know how to resist the urge to smoke.

• Get ready for a brief rise in cravings. Brush up on the Four Ds: deep breaths, drink water, do something else, delay.

• Talk to somebody. A friend or family member who has quit understands what it’s like.

• Talk to yourself. “The past is the past. I learned from it. I don’t need to smoke another cigarette.” Forgive yourself. Move on.
Additional Tips to Help You Stay Smoke-Free

Quitting smoking and staying smoke-free can be hard work. These tips are designed to help you put your smoking life behind you forever and to help reward you for a job well done.

- Review this guide regularly.
- Contact the American Cancer Society to learn if your state offers a free Quitline® to assist you. Quitline is a telephone counseling service with trained counselors.
- Carry your 3 1/2 x 5 index card reminding you of the reasons you decided to quit smoking and how you plan to deal with times of crisis.
- Spend more time in places you cannot smoke.
- Each week, deposit the money you would have spent on cigarettes in a special "bank." Write a short list of things you want for yourself or for a loved one and purchase these items with your "bank" money.
- Have your dentist clean your teeth after you quit smoking so that you begin your "new life" with bright, white teeth. Use lemon juice to remove tobacco stains from your fingers.
- If you are a spiritual person, use that to help your quitting process.
- Find a friend who smokes and would like to quit. Offer that person the benefit of your experience and support in their quitting.
- Share with others the sense of pride and well-being you feel now that you are a nonsmoker.
- Discover a new hobby. Learn a sport, take up dancing, join a group, or get out the guitar you played as a kid. Be sure to talk with your physician or other health care provider before making a major change in your level of physical activity.
- Remove all cigarettes from your home, apartment, workplace, car, clothes, etc. Clean your home, apartment, or car thoroughly to remove the cigarette smell.
- Make your quit date an anniversary date. Celebrate being a nonsmoker!
- Encourage your workplace to adopt a smoke-free workplace policy. Workplaces nationwide are going smoke-free to provide clean indoor air and protect employees from the harmful, life-threatening effects of secondhand smoke.

Because secondhand smoke is so harmful, smoking is increasingly being restricted and prohibited in the workplace and in public places. There are several active grassroots efforts around the United States working toward putting laws in effect to prohibit smoking in all bars, restaurants, and bowling alleys within their communities. To join this effort, contact American Cancer Society at 1-800-ACS-2345 or log onto www.cancer.org for more information.
**Want to Do More?**

**Become an Ambassador**

Now that you are living a smoke-free lifestyle, there is a good chance you wish you had never started smoking. Smokers who have quit or are trying to quit present a serious problem for the tobacco industry. Each person who quits smoking is one less person buying cigarettes.

The cigarette industry has financial interest in your continued smoking. To stay in business, the tobacco industry has to find replacements for the 1.5 million smokers in the United States who quit each year and the 400,000 more who die because of smoking. Because virtually all new smokers begin before high school graduation, nearly all “replacement smokers” are children and youth. Approximately 3,000 children under age 18 try their first cigarette within the peak ages of 11-15.

Evidence suggests that the tobacco industry has known for decades that cigarettes are deadly and addictive. This has not stopped them from continuing to market and promote cigarettes and other tobacco products. The most significant barrier to lessening tobacco’s toll on our health is the concerted opposition of the tobacco industry to progressive tobacco-control policy.

In every state and nation, we are working to make it harder for the tobacco industry to promote smoking to young people. As a new former smoker, you can be of tremendous help. State and local coalitions are working to decrease the number of tobacco-related deaths. These groups work on projects such as:

- Strengthening and enforcing laws that make it harder for children to purchase cigarettes.
- Laws to restrict and regulate the placement of tobacco advertisements and promotions that have been designed to recruit new, youthful customers.
- Protecting nonsmokers, especially children, from environmental tobacco smoke by strengthening laws to restrict smoking in public places and workplaces.

If you are interested in becoming an ambassador of tobacco prevention initiatives, talk with your facilitator. Call the American Cancer Society’s toll-free information number 1-800-ACS-2345, available 24 hours a day, seven days a week, or log onto the American Cancer Society Web site: www.cancer.org. Find out if there are initiatives within your community and how you can help strengthen these efforts. Even if you are still trying to quit smoking, you can still help. After all, fighting the tobacco industry in your community could very well strengthen your resolve to quit.

**Thank you for your help.**
Physical Improvements Following Cessation

20 minutes after a smoker quits:
• Blood pressure drops to a level close to that before the last cigarette.
• Temperature of hands and feet increases to normal.

8 hours after a smoker quits:
• Carbon monoxide level in blood drops to normal.

24 hours after a smoker quits:
• Chance of heart attack decreases.

2 weeks to 3 months after a smoker quits:
• Circulation improves.
• Lung function increases up to 30%.

1 to 9 months after a smoker quits:
• Coughing, sinus congestion, fatigue, and shortness of breath decrease.
• Cilia regain normal function in the lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.

1 year after a smoker quits:
• Excess risk of coronary heart disease is half that of a smoker’s.

5 years after a smoker quits:
• Stroke risk is reduced to that of a nonsmoker’s 5-15 years after quitting.

10 years after a smoker quits:
• Lung cancer death rate is about half that of a continuing smoker’s.
• Risk of cancer of the mouth, throat, esophagus, bladder, kidneys, and pancreas decreases.

15 years after a smoker quits:
• Risk for coronary heart disease is that of a nonsmoker’s.
The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

No matter who you are, we can help. Contact us anytime, day or night, for information and support.