

PART 3

Making a Quit Plan

By the time you arrive at this section, you have already taken steps towards successfully quitting. Even if you haven't changed any behaviors yet, lining up your mindset will pay off as you go forward. Wanting to quit is just part of success. Willpower is not very reliable but having a plan in place with lots of support can carry you through.

- If you are not ready to quit, use the strategies in this section to experiment with changing a habit or two—even if just for a day. You can practice these activities for a quit attempt in the future.
- If you are ready to quit, dive in! Try to do as many activities as you can, noting what helps you and adding that to your quit plan. The more tools you add to your quitting toolkit, the more prepared you will be for that first day without tobacco/nicotine.
- If you have already quit, add these strategies to your plan to manage any lapses or a relapse. Having a plan for when a slip-up happens can keep you tobacco/nicotine free in the long run.

You Don't Need a Great Plan



An “ok” plan today beats a “great” plan a few months from now.

Motivation and willpower can ebb and flow—if you have even an ounce of motivation today, it's probably a good day to take action. You don't need to wait until your motivation is very high or you feel like you have a perfect plan laid out.

Having some kind of plan, though, WILL help you succeed. Trying to quit without a plan can lead to frustration and relapse, as you find yourself unprepared for nicotine urges and trigger situations.

Use the tools in this book to build your personal toolkit and action plan. Try out strategies even before you're ready to dive into quitting fully. You might cut out a few cigarettes or a dip or two, putting yourself on the road to quitting completely!

Start setting yourself up to be successful and confidence will follow!

Take Small Steps to Get Started



Taking small steps can help build confidence. Seeing the “wins” right away can show you how strong and capable of change you are. The activities in this section may not feel very exciting, but they are small on purpose. Once you get going, taking bigger steps will feel easier and you will be more successful with them.

These activities can also help you learn more about what causes your urges and what you do without thinking. These activities can start weakening your old habits and strengthening new, healthy habits.

Keep Track

Use a notebook, or a note in your phone. You can also find a sample scorecard at the end of this program.

Each time that you use tobacco or nicotine, mark down the time. If you have space to write more, jot down the trigger or what you were doing right beforehand. At the end of each day, add up your total for the day.



Do this for a few days to get an average. You may not use the same amount every day. Get your average for working days and days you have off. You will likely have different tobacco habits.

When I will do this:

Wait 5 Minutes

Over the next week, whenever you have an urge, wait 5 minutes before using your tobacco/nicotine product. If, after 5 minutes, the craving is still there, go ahead and have it. If the urge has gone down to the point where you can put it off further, try stretching that 5 minute “time out” to 10 or 15 minutes. You may find that, with time, the craving goes away on its own.



Waiting 5 minutes is like adding a speedbump to your regular routine. When you approach a speedbump, you probably slow down before carefully going over it. Even if you aren’t ready to quit, this helps you flex your muscle of self-control and show yourself that you can put off tobacco if you really want to.

When I will do this:

Buy Smaller Amounts

If you smoke, buy cigarettes one pack at a time, not by the carton. If you dip, buy one can at a time. If you vape, smoke cigars, or use another form of tobacco/nicotine, buy the smallest quantity available. If you vape, buy a lower concentration of nicotine or fewer cartridges. This makes your habit less convenient (more trips to the store) and it will be helpful to have less at home when you are ready to be completely done.



Note for e-cigarettes: Start by stepping down to the next lowest concentration. If you're using 18 mg cartridges, switch to 12 mg, and so on, until you're down to 0 mg.

While you're cutting back:

- Focus on keeping your inhaling as consistent as possible. It might be tempting to inhale more forcefully to get a bigger nicotine hit.
- Avoid taking more hits than you did on higher doses of nicotine.

When I will do this:

Smokers: Use Matches Instead of a Lighter

If you smoke, use matches instead of a lighter to light your cigarettes. When you reach for your lighter and it isn't there, you will interrupt your usual routine. This can be a reminder to wait 5 minutes or to question how strong that urge really is. Using a match is also more difficult and may change the taste of your cigarette. This can interrupt and weaken the routine even more.



When I will do this:

Make a “Butt Bottle”

Save your cigarette butts or spit from smokeless tobacco in a bottle or glass jar. You will learn what to do with these in the next part of this guide.



When I will do this:

Carry & Store in a New Place

Change where you keep your tobacco/nicotine products. For example, instead of keeping them in your desk or in a locker, keep them in your car. Better yet, put that pack or can in the trunk of your car. When reaching in the usual place without thinking, coming up empty will be a reminder of what you are working on. If you have always kept a pack in your right pocket, switch to your left.

This pause allows you to be more mindful and deliberate, instead of acting without thinking. This is another way to put a speedbump in your usual way of doing things every day.

Where I currently keep my tobacco/nicotine products:

Where I will move them to:

Buddy System

Who could support you in your effort to quit? Having someone to hold you accountable—and who you want to share success with—can be a powerful part of your quit plan. Support from others can help:

- Motivate you and lift you up when you stumble.
- Hold you accountable.
- Give you new ideas and inspiration—especially if they have gone through quitting themselves.
- Make activities more fun, like taking a walk together instead of a smoke break.

Start With One Person

1. Choose a buddy—someone you will talk to daily. This person should be someone you trust and who you can be completely honest with.
2. Let them know what you are trying to do.
3. Ask them if they would be willing to support you. If they are, thank them!
4. Let them know how to help you. This may change over time.
5. Share your feelings and actions truthfully with your buddy. If you don't, you are losing out on the benefits of an accountability buddy.
6. Thank this person often. Let them know the impact they are having on your lifestyle change.

Involving Others

Even when someone wants to help you, they may not know how. You have probably experienced this already, like when someone gives you cliché advice or says “just one won’t hurt.”

Be specific when you tell others how to help you. These are suggestions for those people who want to help you. Read over the list and choose the ones you think will be most helpful. Write these down and show your list to the people who want to help.

How to Help Me Quit



1. **Be patient.** I am trying to free myself from tobacco/nicotine. Quitting may make me tense, anxious, and prone to sudden mood swings. This is because I am doing without something I was used to having. Soon I will be secure in my ability to manage and I will be better than ever. Please bear with me a little longer.
2. **Be curious.** For years I have been using tobacco/nicotine to pass the time, to reward myself, to calm myself, to wake up, to help me think, and to get through stressful events. Now I am coping all on my own. Ask me how I am managing; ask me what my life is like without nicotine. It's all very new to me and I may want to talk about it.
3. **Be sensitive.** All day long I must deal with the urge to use tobacco/nicotine. Sometimes it seems as if just about everything makes me think about it: getting ready for work, talking on the phone, ending a meal... I could really use your help to distract myself from these thoughts. Unless I mention it first, please don't bring up the subject of my quitting.

4. **Be supportive.** I really need someone to root for me right now, someone to be on my side. I enjoy the special attention (like rewarding my first week without tobacco/nicotine with a special treat) that you give me while I am in the “crawling” stage of quitting.
5. **Be positive.** Sometimes I feel it is hard to remember all the good things that come with quitting. I like it when you notice the positive changes that you see in me. It means a lot to know that you are proud of me.
6. **Be confident.** I want to make it, but sometimes I am not sure that I have what it takes to quit. I need the people around me to believe that I can do it... and to say so.

What else will be helpful to you? Share this with those who want to support you.



PART 3: Making a Quit Plan

Identify S.M.A.R.T. Goals

Think of the actions you take on a daily basis as small steps towards your bigger goal. This guide will give you many ideas for small steps, such as putting your cigarettes in a different place or buying one tin of chew at a time. Identify your next step and use the S.M.A.R.T. tool to improve the chances of reaching your goal.

S Specific	M Measurable	A Attainable	R Relevant	T Time-Based
What exactly do I want to change? Define the goal. Use as much detail as possible.	How will I know when I have achieved my goal? How will I measure my progress?	Is the goal reasonable? Is achieving my goal within my reach? Is this goal challenging but doable?	Is this goal worthwhile? Does this goal meet my needs? Does this goal work towards my bigger goal?	When will I accomplish this? How will I manage my time?
Not specific: I will cut back.	Not measurable: I will eat healthy snacks.	Not attainable: I will avoid all triggers.	Not relevant: I will tell everyone around me to quit so it will be easier for me.	Not time-based: I will try to quit soon.
Specific: I will have 1 cigarette instead of 2 on my break.	Measurable: I will have an apple with peanut butter instead of a morning cigarette.	Attainable: I will practice mindfulness every day for 10 minutes to reduce how much stress triggers me.	Relevant: I will work on myself and share positive ways for people to help me.	Time-based: I will set aside 20 minutes each day this week to read the QuitWell™ guide.

S.M.A.R.T. in Action

Before: "I want to cut back."

S.M.A.R.T. Goal: "Today I will put 12 cigarettes in an empty pack instead of the 15 I usually have. I will keep my emergency pack of substitutes (gum, toothpicks) with me and will leave my cigarettes behind. I will cut back by 1 cigarette each day this week."

Practice Goal-Setting

Strengthen your goal using the S.M.A.R.T. tool. Start with a simple statement about what you want to do. Next, write how your goal will be specific, measurable, attainable, relevant, and time-based.

My big goal:	
Step I want to take (this is your step-goal):	

Fill in the boxes to make your step-goal S.M.A.R.T.

S Specific	M Measurable	A Attainable	R Relevant	T Time-Based

Medications to Help You Quit

There are medications available to help you quit. Some of them contain nicotine and some do not. The idea behind nicotine replacement therapy (NRT) is that by replacing the nicotine with nicotine in another form, one can focus on becoming comfortable with the new behavior with less withdrawal/symptoms. Then, later, the nicotine can be cut down in a systematic way. Studies have shown that users of NRT are about twice as likely to quit tobacco.

You should check with your doctor before using these products if you are:

- Younger than 18
- Pregnant or nursing
- Have heart disease or had a recent heart attack
- Have high blood pressure not controlled by medication
- Take insulin for diabetes
- Have a stomach ulcer

Always follow the instructions for NRT carefully to avoid complications. Any questions that you have about the products should be addressed with your doctor or pharmacist.

Common side effects of NRT include nervousness, a racing heart, dizziness, headache, and nausea. These are caused by the nicotine and may be a sign of too much nicotine. If you have any of these symptoms, cut back on the total nicotine you are getting. Chew less gum or use your inhaler less frequently, for example. Avoid smoking, dipping, or vaping while using NRT.

A rare, but dangerous complication is nicotine overdose. Symptoms include a racing heart, headache, weakness, dizziness, nausea and/or vomiting, and cold sweats. If you are having symptoms like these, get immediate medical attention.

Nicotine Replacement Therapy

All of these products contain nicotine. Patches, gum, and lozenges are available over-the-counter. The nicotine nasal spray and nicotine inhaler require a prescription.

Product	What it Does	How to Use	Possible Side Effects
Nicotine Patch	Sticks on the skin and slowly releases nicotine into outer layer of skin during the day.	Stick on a clean, non-hairy place on your skin. Replace patch with a new one every 24 hours. Apply to a new spot to lessen chance of skin rash. Follow step-down schedule.	Skin rash at patch site, sleep problems if patch is worn overnight (can remove before sleeping).
Nicotine Gum	Contains nicotine that will slowly be released as it is chewed.	Chew until you notice a "peppery" taste, then place between your gum and cheek and leave it there. Continue for 30 minutes. Can use 10 to 20 pieces a day for up to 3 months.	Stomach upset (avoid chewing gum too much before parking), mouth soreness, sticking to dental work.
Nicotine Lozenge	Releases nicotine while slowly dissolving in the mouth.	Slowly dissolve in mouth (do not bite or chew). Can have up to 20 lozenges a day for up to 12 weeks.	Soreness of teeth and gums, indigestion and throat irritation.
Nicotine Nasal Spray	Dispenses nicotine from a pump bottle into the nose.	Insert into your nostril and spray 1-2 times per nostril. Do not inhale, swallow or sniff. Can use for up to 40 doses per day for up to 8 weeks, then taper for another 4-6 weeks.	Irritation of nose and throat, watering eyes, sneezing and cough.
Nicotine Inhaler	Puffing into the plastic cartridge brings nicotine vapor into the mouth.	Puff to bring the vapor to the back of the throat. Use up to 16 cartridges per day for 3 months. Then taper, using for a total of 6 months.	Irritation of the lining of the mouth, coughing, runny nose, upset stomach.

Other Aids for Quitting

Pharmaceutical:

- Bupropion (brand names Zyban and Wellbutrin) is a prescription, non-nicotine pill. This medication is used to treat depression and help with quitting smoking. To use, begin taking 1 to 2 weeks before your quit date. It must build up in your system before you quit. It can be taken for 7 to 12 weeks. It may cause dry mouth and insomnia.
- Varenicline (brand name Chantix) is another prescription, non-nicotine pill. It works by cutting the pleasure of smoking and reducing withdrawal symptoms. To use, begin taking one week before your quit date. It must build up in your system before you quit. It is taken once or twice daily for 12 weeks. If quit, it can be taken for another 12 weeks. It can cause nausea, headache, vomiting, gas, insomnia, abnormal dreams, and a feeling that food tastes different.

Non-Pharmaceutical:

- Counseling or coaching can help you identify triggers and challenges, give you support and encouragement, and help you set personal goals. Coaching can double your chances of success.
- Text or smartphone apps offer goal setting, reminders, and encouragement. Some even send text messages to keep you motivated.
- Hypnosis helps you learn to relax and identify triggers. It also helps your subconscious mind look at your habit differently.
- Acupuncture uses special thin needles placed in specific spots to help you relax and fight cravings for nicotine.

Hypnosis and acupuncture are not proven ways to quit tobacco/nicotine, but they have helped many people. Be a smart consumer when choosing one of these therapies. Continue to work on behavior change and stress management. You will still need these skills to prevent relapse.

Review & Prepare

Summary of Small Steps You Can Take:

- Keep tracking your habit.
- Wait 5 minutes when you have an urge to use.
- Buy your cigarettes by the pack (not the carton), your chewing tobacco by the can, or a lower concentration of e-cigarette cartridge.
- Store tobacco/nicotine products in a different place than usual.
- Set up a buddy system. Write goals in S.M.A.R.T. ways.
- Add to your list of “pros” for quitting. Star what is important to you.

Change Is Your Choice

The decision to make changes is up to you. You can decide which changes you want to make, how long it takes you to make them, and who you will tell. Answer the following:

What do I want to do? Am I willing to do this?

What am I going to do right now (within the next hour)?

How will today be different for me?