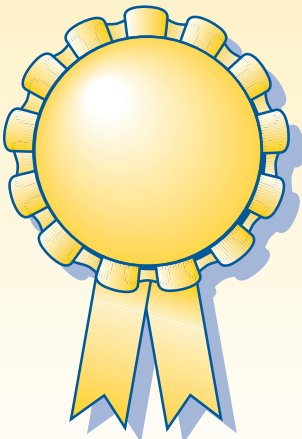


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**TAYING  
SMOKE-  
FREE**



**THE UNIVERSITY OF PITTSBURGH  
National Smoking Cessation  
Specialist Certification Program**

# STAYING SMOKE-FREE

Now that you have quit smoking, here are some suggestions to help you maintain your new freedom from cigarettes.

- **If you think about cigarettes every so often, don't worry.** This is natural. Sometimes it takes several months for these thoughts to go away, and even then one may unexpectedly pop up. It's not a big deal.
- **Smoking is a memory now, and certain situations may remind you of your former habit.** It's like hearing a song and being reminded of an old boyfriend or girlfriend you haven't thought of in a long time. Having that thought doesn't mean you want to get back together with that person, does it? It's only a memory. Accept the idea that you will have thoughts about cigarettes from time to time, and move on. Don't give these thoughts any power over you.
- **Be aware of possible situations that might tempt you to begin smoking again.** Take a moment and write down three situations in which you think might still be tempted to smoke. Below each situation, write the coping techniques you would use. Being prepared will enable you to be strong!

Tempting situation: \_\_\_\_\_

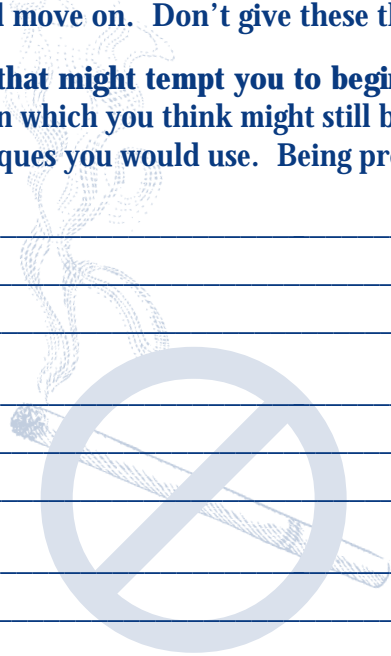
Coping techniques: \_\_\_\_\_

Tempting situation: \_\_\_\_\_

Coping techniques: \_\_\_\_\_

Tempting situation: \_\_\_\_\_

Coping techniques: \_\_\_\_\_



## TEMPTING SITUATIONS AND WINNING WAYS TO COPE

### ALCOHOL/SOCIALING

**Change what you do:** Limit your number of drinks.

**Change how you think:** Review your reasons for quitting smoking.

### NEGATIVE FEELINGS

**Change what you do:** Take deep breaths.

**Change how you think:** Remind yourself that smoking never made anything better.

### BOREDOM

**Change what you do:** Carry a book or magazine with you.

**Change how you think:** Tell yourself that it's perfectly fine to do nothing every so often.

### SEEING OTHER SMOKERS

**Change what you do:** Leave the scene.

**Change how you think:** Feel sorry for smokers. They are still slaves to cigarettes.

- **Each time you successfully deal with a temptation, give yourself a pat on the back.** Take a moment to focus on what you did or thought in order to get through the situation. Remember it for the next time the same temptation comes up.
- **Instead of focusing on the loss of cigarettes, start looking at how you have benefited from being a nonsmoker.** What positive things have happened to you since you quit?

I've enjoyed \_\_\_\_\_

I've realized that \_\_\_\_\_

I've been able to \_\_\_\_\_

I've been told that \_\_\_\_\_

I've finally \_\_\_\_\_

I've become proud of \_\_\_\_\_

I've \_\_\_\_\_

I've \_\_\_\_\_

- **Think about all the benefits that being smoke-free will bring to you in the future.** What good things do you think the future now holds for you?

I'll enjoy \_\_\_\_\_

I'll be sure to \_\_\_\_\_

I'll be able to \_\_\_\_\_

I'll try \_\_\_\_\_

I'll \_\_\_\_\_

- **Continue to reward yourself.** Quitting smoking is a major accomplishment! Take some time now to determine how much money you have saved since you quit, and what you could spend it on.
- **Try new stress management techniques.** It is important that you continue to teach yourself new ways of dealing with stress. At the same time, remind yourself that cigarettes never made anything better.
- **Don't fool yourself into thinking that you can smoke just one or two cigarettes here and there.** If you could have done that when you smoked, you would have. You are not that kind of smoker. Even having one cigarette lets smoking continue its control over you.
- **Don't become over-confident.** Many people stop using their new coping techniques too soon and then become overwhelmed when an urge to smoke suddenly sneaks up out of nowhere. Urges can occur at any time. Keep this in mind, and be prepared by continuing to practice your new coping skills.
- **If you are using nicotine replacement products, be sure to use the entire recommended amount.** Many people slip or return to smoking if they stop nicotine replacement therapy too soon. Talk to your pharmacist if you have any questions about how long you should use a nicotine replacement product.
- **Above all, celebrate the freedom of being a nonsmoker!**

**CONGRATULATIONS...KEEP UP THE GOOD WORK!**

**Developed in cooperation with Frank Vitale, M.A.  
and the University of Pittsburgh School of Pharmacy**

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