

# Inova TobaccoNET

## Chat & Stats Session 6

# Here's To You

## Congratulations!

You deserve a round of applause for working on getting tobacco out of your life



# You Can Do It

- Now that you've quit using tobacco, you need to stick with your plan to prevent relapse
- Most people go through uncomfortable withdrawal symptoms shortly after giving up tobacco
- Accept this and know that this too shall pass

# Help Yourself

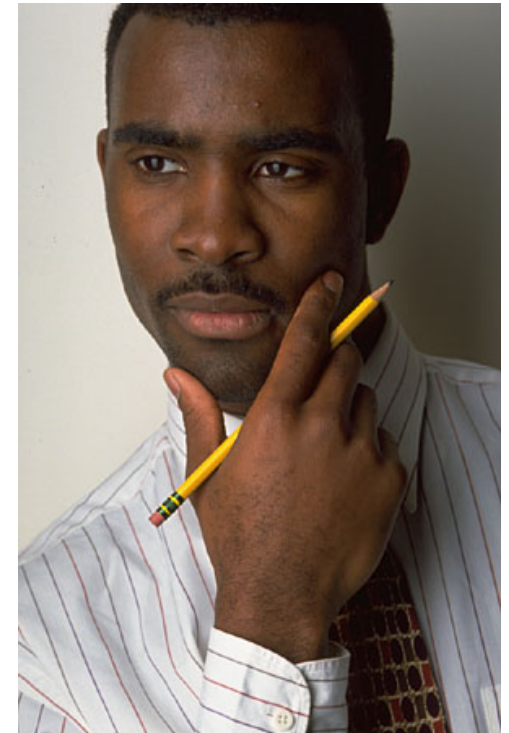
- This might be a good time to review tipsheets and activities from previous sessions
  - Call your Share Buddy at least once a day
  - Reconsider using quit aids if your withdrawal symptoms are too intense
  - Review you plan ~ make sure you have helpful aids, like gum and coffee stirrers, on hand

# Affirmations

- Think about adding an affirmation to your plan
- Affirmations are positive statements that focus on behavioral change
  - You repeat your affirmation to yourself several times a day to keep you focused on what you want to achieve
  - Example: “I am getting healthier every day”

# Be On Guard

- Be aware of *CAD* – **Constantly Alert Devil**, addiction's other name
- *CAD* will give you all kinds of excuses for returning to tobacco
- Repeating your positive affirmation will help you keep *CAD* under control



# Develop New Habits

- Remain aware of the need to change some of your old habits and patterns ~ this takes time
- Review your Triggers and Coping Mechanisms worksheet from Session 3 to remind yourself about substitutions you will try



# You're On Your Way!

- You are now beginning a new way of living
- Remember what you really want, you make real through action
- Remaining tobacco-free will strengthen the new you



# Next Steps

- Return to Session 6
- Read the Tipsheets
- Use the Personal Activity sheet to help you stay focused on your activities for the week
- Use the Affirmations Tipsheet to choose or develop your own personal affirmation