

Inova TobaccoNET

Getting Ready to Quit

Below are some suggestions on how you can continue to prepare yourself for quitting your nicotine addiction. Try several of these tips to give you an opportunity to practice coping with the challenge that lies ahead.

1. Don't stock up on cigarettes. Never buy a carton. Wait until one pack is finished before you buy another.
2. Wait 10 minutes after a meal before using tobacco.
3. Ask yourself, "Do I REALLY want this tobacco?"
4. Talk with ex-smokers. Ask them how they quit smoking.
5. Take "non-tobacco" breaks.
6. Promise yourself to not use tobacco for 10 minutes after you get an urge to do so.
7. Get up half an hour earlier than usual to avoid hurrying through breakfast and rushing to work.
8. Brush your teeth frequently to make your mouth taste fresh and clean, particularly after eating.
9. Begin to collect your cigarette butts, place them in a large jar, and wet them; smelling this mixture will give you an idea of your lungs' state.
10. Start using your lungs. Increase your activities (walk instead of taking the elevator, park far from the store), and find a form of exercise you enjoy.
11. Keep your tobacco in an inconvenient place. Lock it in the trunk of your car.
12. Don't carry matches or a lighter with you.
13. Practice situational stopping. Eliminate tobacco altogether in your car or some other area that you frequently use it.
14. Don't empty ashtrays until the end of the day.
15. Start using tobacco later each day.
16. Quit using tobacco earlier each day.
17. Imagine being tobacco-free. See yourself driving, drinking coffee, and in social situations without tobacco.
18. Imagine how good it will feel to no longer have to worry about when, how or where you're going to smoke.
19. List your reasons to quit. Post them near the coffee pot, your favorite chair, the bathroom mirror, your car dashboard, etc.
20. Tell yourself daily: "I can overcome my addiction to tobacco," or an affirmation such as "I am a non-smoker" or "I have the power to let go of tobacco."
21. Make an appointment with your doctor—Now is a good time for a physical and a chance to discuss your quit plan.