



The Miriam Hospital
A Lifespan Partner



BrownMed
BROWN MEDICAL SCHOOL

Commit to
~~Quit:~~

Participant
Manual

SAMPLE

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Session #1

COMMIT TO QUIT

Welcome to the Miriam Hospital *Commit To QUIT QUIT* Smoking Program. This program uses state of the art methods that have been developed over the last 15 years. Each session, for 12 sessions, you will receive a handout. It will summarize the most important points of your treatment for that session. It will also suggest assignments and exercises for you to do at home. **If you read and understand the treatment and if you practice what you have learned, you will have the best chance of quitting smoking and staying a nonsmoker.** Feel free to take a yellow marker or pen and underline the things you find apply to you. Please make a note of anything you do not understand and feel free to ask about it at the next meeting. **If you cannot make a meeting or if you cannot complete one of your home assignments, please call us, don't wait.** Remember, there is no magic way to quit smoking. It is not a matter of will power. Rather, it is hard work and the more you learn and practice, the more you do your assignments, the better you will do in the program. If you follow along you should be able to quit smoking and stay quit.

Basically, quitting smoking is a matter of learning how to cope with breaking the addiction to cigarettes. Smoking is both a **LEARNED HABIT** and an **ADDICTION**. This program will first help you to gradually break the addiction. Then, during the next few weeks, you will learn how to stay a non-smoker and how to prevent relapses!

This program will emphasize how you can learn to manage STRESS in your life and still be a non-smoker. You will learn how to analyze your smoking habit and figure out what makes you smoke. The program will teach you how to relax and "take a break" without smoking. It will also teach you ways to manage stress better and change the way you think when stressed. You will be shown how to practice saying things to yourself that will help you to remain a non-smoker. It may seem silly at first but when you want a cigarette very badly you may not have time to do very much about it. **Simply knowing what to say to yourself can make the difference between success and failure.** When you feel like you have lost your best friend (cigarettes), quick thinking can make the difference! This very useful technique is called (SELF-TALK) or (SELF-INSTRUCTION TRAINING). This program will teach you how to manage stress in your life by relaxing more and it will teach you how to use (SELF-TALK) or (SELF-INSTRUCTIONS) to stay a non-smoker.

The bottom line is this: Becoming a non-smoker is not achieved on the day when you quit smoking. It is just the beginning of a long hard and dusty road with many traps, dead ends and wrong turns. The most important time for you to keep coming to the groups is during the last few sessions of the program, after you have quit smoking - even if you feel you have got the problem licked! You may not even know what your problems are until after you quit, or your problems may change as the sessions go by. Remember, your goal is not just to quit smoking, it is to learn how to be a non-smoker and stay off cigarettes for the rest of your life. The real work in treatment comes after you quit.

SUMMARY: Rationale of the Program

I. Assumption

- smoking is a learned addiction
- the smoking habit is learned over time
- addiction to nicotine may lead to withdrawal

II. Goals

- eliminate smoking by gradually reducing the nicotine in your body.
- eliminate need for cigarette smoking by teaching **RELAXATION** and **SELF-TALK** to deal effectively with **STRESSFUL SITUATIONS** which are likely to cause someone to smoke.
- eliminate excessive weight gain.

III. Program Components

- **SELF-MONITORING** - self-monitoring is simply the daily recording of smoking habits. At first, this procedure may seem like a hassle, however, it is important because it:
 - a) makes you aware of your habit;
 - b) gives you an exact cigarette/day count
 - c) helps you decide how much you really need the cigarette
 - d) breaks the automatic habit.
- **QUIT DATE** - the quit date will be May 19th. It is the goal of this program that everyone will be an ex-smoker at this date.
- **STRESS MANAGEMENT TRAINING**
CHANGING THOUGHTS - you will learn how to develop a set of self-instructions to help you counter the maladaptive thoughts that may cause you to smoke. We call this SELF-TALK or SELF-INSTRUCTION TRAINING.
- **CHANGING BODILY FEELINGS OR TENSIONS** - you will learn a series of **RELAXATION PROCEDURES** to handle and deal more appropriately with everyday stress.
- **WEIGHT MANAGEMENT -**
CHANGING EATING HABITS - you will learn how to make better food choices so that you will decrease the likelihood of gaining weight.

IV. Problems

- If there is difficulty in making a meeting (i.e., car trouble, baby sitting, etc.) please call Teresa K. King, Ph.D. 793-4372; Bess H. Marcus, Ph.D. 793-3707; or Regina Traficante, M.A. 793-3725.
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- Also, if you are having a difficult time on a day when you are not scheduled to come in, call, Dr. King, Dr. Marcus, or Ms. Traficante.