

So You Don't Want to Quit Right Now!

You May Benefit from Cutting Down!

Here are some things to try:

Gradually lengthen time span between cigarettes.

Decrease smoking by one cigarette per day.

Buy one pack at a time.

Cut each cigarette in half.

Smoke with your opposite hand.

Change to a brand you don't like.

Don't smoke with your coffee.

Wrap up the package with elastic bands.

Call your friends and explain that you are trying to cut down.

If you quit for one day, try another.

Save the money from cutting down and buy a treat.

If at first you don't succeed: try, try again.

Consider this a game you want to win.

Your health care provider is on your side.



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