

C I S R C

NATIONAL CANCER INSTITUTE
CANCER INFORMATION SERVICE RESEARCH CONSORTIUM

Project 3

QUIT TODAY

Tailored Counseling Protocol

Quitting Barriers Manual

1--FEAR WITHDRAWAL REACTIONS/ CRAVINGS

Cue Words: Feeling irritable, tense, restless, coughing, constipation, drowsiness, sleep problems, headaches, sweating, hunger, craving for sweets, overall concern about what life will be without cigarettes.

- *Many smokers worry about withdrawal reactions. Will life be the same without cigarettes?*
- **Offer reassurance. Uncomfortable withdrawal reactions, like irritability, etc. are temporary. There is life after smoking!**
- *There definitely is life after cigarettes! Just check with any ex-smokers you know!*
- **Pathways** guide suggests many coping strategies for withdrawal symptoms (Counselor see p. 20-21, p. 24)

Simple techniques for getting through the 1st 2 weeks after quitting, like the 5 D's.

Try nicotine gum or patches if your doctor prescribes them.

Use patches for 2-3 months after quitting or

Use gum for 4-6 weeks after you quit to lessen the withdrawal effects.

- **After quitting/Notice positive changes in how you look and feel:**
 - *2-3 weeks, many symptoms disappear*
 - *6 months, ex-smokers say they feel calmer and more in control of their lives*

Fear of weight gain/increased appetite (go to barrier #2)

Fear of not being able to cope with stress or emotional upset (go to Barrier #3)

2--FEAR OF WEIGHT GAIN/INCREASED APPETITE

FEAR OF WEIGHT GAIN

- *A lot of people worry about weight gain. But, not everyone gains weight.*
- ***Most people stay the same or gain only 4-6 lbs.***
- *Possible causes of weight gain include 1): a change in your metabolism, 2) an increase in your appetite especially for sweet foods.*
- *The **Pathways** guide gives you a lot of ideas for preventing weight gain:*
 - *Suggestions for healthy low-calorie snacks*
 - *Advice on easy ways to get more exercise, especially walking (p. 23).*

Discuss weight control tips on exercise tips (see p. 22-23) in detail if someone is having a lot of trouble.

FEAR OF INCREASED APPETITE

- ***Many notice an increase in appetite, especially for sweets, after quitting. Temporary Effect.***
- *Food may taste better.*
- ***Pathways guide suggests several healthy, low-calorie sweet snacks (p. 23).***
- *Drinking water and getting some exercise can curb your appetite.*

3--DIFFICULTY COPING WITH STRESS OR EMOTIONAL UPSET

Cue Words: anger, frustration, anxiety, boredom, loneliness, sadness, conflict, crisis

- *It's natural to wonder how you'll cope with stress without cigarettes, especially if you've been smoking most of your life.*
- *Rest assured, once you're past the withdrawal stage, you may even cope better with stress.*
- ***May smoke more under stress, yet smoking really doesn't help solve the problem.***
- ***Smoking saps energy you could use to cope with stress.***
- *3-6 months after quitting, most ex-smokers feel calmer and more in control of their lives than when they smoked.*
- *Once you stop smoking, you'll naturally develop new habits for coping with stress.*
- *The **Pathways** guide suggest activities that will leave you feeling more energetic and resilient:*
 - *Deep breathing (p. 20).*
 - *Exercise, especially walking (p. 23).*
 - *Prayer (p. 21).*
- *Don't forget the power of positive thinking*
- *Instead of longing for the good old days of smoking or feeling as if you've lost "a friend", **think instead about all you're gaining by not smoking:***
 - *Better health*
 - *More freedom*
 - *Feeling calmer*
 - *More confidence*
 - *More control over your life*
- *Remind yourself of your personal reasons for quitting.*

4--FEAR OF MISSING CIGARETTES

MISSING CIGARETTES AS A COMPANION

- *It's natural to feel as if you've losing a "friend" especially if you've smoked for a long time. Cigarettes went everywhere with you.*
- *But don't loose sight of the facts:*
 - *Cigarettes really are not your friends*
 - *They rob you of energy, health and independence*

CIGARETTES AS PLEASURE

- *As the **Pathways** guide explains, a lot of the "enjoyment" of smoking stems from being hooked on nicotine.*
- *With **Pathways**, you can overcome that addiction so you no longer "need" cigarettes.*
- *Some smoking enjoyment comes from using cigarettes as a reward.*
- *Consider using some of the money you save by not buying cigarettes, to buy a healthy new reward!*

FOR BOTH PROBLEM AREAS:

- *Don't allow yourself feel as if you're giving up something valuable when you stop smoking.*
- *Think instead of all you're gaining when you quit:*
 - *Better health*
 - *Feeling calmer*
 - *More freedom*
 - *More confidence*
 - *More control over your life*
- *To keep from missing cigarettes:*
 - *Stay busy.*
 - *Join in the activities of some of your nonsmoking friends.*
 - *Look for new hobbies.*
 - *Look for other pleasurable activities.*

5--POOR TIMING/NEW STRESS/TOO BUSY

- *It sounds like things have been extremely stressful/hectic/busy [whatever].*
- *Timing can make a big difference!*

or

- *I'm sorry to hear about (your loss, illness or other personal misfortune).
This kind of stress can interfere with a lot of important personal plans.*
- ***There is no “perfect time” to quit, but some times are better than others.***
- *Low stress times are the best.*

(If appropriate)

- *Can you think of a time coming up that might be better/less hectic?*
- *Remember, the **Pathways** program emphasizes the importance of preparing to quit.*
- *P. 18 describes how you may want to set a “quit date” when you're ready.*

6--DON'T HAVE THE WILLPOWER TO QUIT

- *Yes, it takes willpower to stop smoking.*
- *But willpower is:*
 - *not a matter of some inner strength or trait. It's your thoughts and actions that keep you strong.*
- ***Research has found that people who rely totally on some inner strength when they quit are a lot less likely to succeed than those who use Pathways strategies like:***
 - ***Positive thinking***
 - ***And strategies for handling urges and temptations.***

7--FAILED IN PAST/FEAR OF FAILURE

FAILED IN PAST

- *Why say that? [Explore reason(s) for lack of confidence].*
- *It's natural to feel discouraged, especially if tried to quit before.*
- *But, look at the positive side:*
 - ***The more times you have tried, the greater your determination,***
 - ***Each time you quit you learn something new about what you need to succeed,***
 - ***Every time you try to quit increases your chances of success the next time around.***
- *More than 3 million Americans quit each year, Why not you!*

FEAR OF FAILURE

- *It's natural to have some doubts. But, think of it this way. If you really want to stop smoking, you have nothing to fear from failure.*
- ***Whatever steps taken toward quitting can't be untaken. Whatever you learn or accomplish can only be to your advantage.***
- *Research shows that each time you quit you learn something new/Increase your chances for success.*
- *You've got nothing to lose/Everything to gain.*
- *Withdrawal reactions/Afraid life won't be the same without cigarettes (go to Barrier #1)*
- *Fear of weight gain (go to Barrier #2)*
- *Lack willpower (go to Barrier #6).*

8--TOO MUCH PRESSURE TO QUIT

- *Nagging, criticism or pressure to quit can leave you feeling resentful or defensive about your right to smoke.*
- *But, don't let these feelings get the best of you.*
- *Stay clear about your own desires.*
- ***Tell anyone who pressures you that only you can decide if and when you want to quit.***
- *Remind yourself that your reasons for quitting come before anyone else's.*
- *The **Pathways** guide gives you help, you quit when you're ready.*

9--LACK OF SUPPORT/PRESSURE TO SMOKE

LACK OF SUPPORT

- *Not having the support of friends/family can make quitting harder.*
- ***Invite relatives, friends, coworkers to join in on helping you change routines, join in new “distracting” activities, movies, dinner or a walk.***
- *The **Pathways** guide contains lots of tips for friends and family who want to help you quit.*
- *What might work for you?*

MESSAGE TO SMOKER WHO LIVES ALONE/ISOLATED

- *Seek assistance and encouragement*
- *Are there family or friends who could talk on the phone*
- *Call us back whenever you need to talk at 1-800-4-CANCER or 1-800-422-6237*
- *Discuss concerns with your doctor*
- *Reach out for information from Voluntary organizations, ALA, ACS*

PRESSURE TO SMOKE

- *Dealing with smokers who pressure you can make it harder.*
- *In the beginning, to the greatest extent possible, it's helpful to avoid smoking places and people.*
 - ***Suggest asking smokers to curb smoking around you.***
 - ***Smokers (even spouses) are usually willing to limit in certain situations, car or home.***
 - ***Many workplaces are establishing nonsmoking office policies.***

10--NEED EXTRA HELP/CLINIC

- *The extra support and structure of a clinic or individual treatment can be helpful.*
 - *Contact your local hospital, ACS or ALA to find out low-cost clinics*
 - *Ask your doctor for help or a referral to a good program*
 - *Call us back here at 1-800-CANCER or 1-800-422-6237 for assistance and further counseling*

Message Appropriate For:

- *Tried many times to quit on their own*
- *Tried many times to quit with treatment*
- *Lack support at home or work for quitting smoking*
- *Heavy smoking habit*
- *Strong nicotine addiction.*