

quit smoking.

If you're one of them, this book can help you through it. The following 7 steps have been recommended by teens who have successfully





Write down your reasons for quitting.



Set a quit date.



Identify your triggers and strategies.



Keep track of WHEN and WHY you smoke.



Know how to handle withdrawal symptoms.



Take action.



Stay smoke-free.

Write down your reasons for quitting.

There are many reasons to stop smoking...the most important ones are those that have meaning for you.

WHI I WANI IU QUII							

Set a quit date.

This quit date should be within the next two weeks. Decide how you will quit — cold turkey or cutting back — and any other strategy that you will use. (See your large booklet.)



Identify your triggers and strategies.

When do you typically smoke or have an urge to smoke? Who are you with? What mood are you in? These are your triggers for smoking. For each trigger you identify, what might you do instead of smoking?

•	•
->	->

TRIGGERS	WHAT I WILL DO INSTEAD



Keep track of WHEN and WHY you smoke.

Find out your triggers for smoking by keeping track of when and with whom you smoke. When you are about to take a cigarette, but before you actually put it in your mouth and light up, fill in this chart:

_
<u> </u>
_

YOUR MOOD					
WHO YOU WERE WITH					
DATE TIME WHAT YOU WERE DOING WHO YOU WERE WITH YOUR MOOD					
TIME					
DATE					

10

YOUR MOOD							YOUR MOOD					
WHO YOU WERE WITH							WHO YOU WERE WITH					
WHAT YOU WERE DOING							WHAT YOU WERE DOING					
TIME							TIME					
DATE							DATE					
12					•	-						13

Know how to handle withdrawal symptoms.

Withdrawal symptoms are signs that your body is recovering. The first few days may be hard. Your large booklet has ideas on how to handle withdrawal symptoms.

WITHURAWAL SYMPTUM	WHAI I WILL DU



Take action.

Tell your friends and ask for their understanding and support.
Throw away any cigarettes you have, and get rid of any other tobacco materials. Remember, total abstinence is essential — even one puff can set you back.



Stay smoke-free.

Congratulations!

Now that you've quit smoking,
think of what could get in your
way of staying a nonsmoker.

Use the following page to write
down how you will handle
these challenges.





