

# How to Prepare to Stop Smoking

The following tips about how to prepare to stop smoking are taken from the American Lung Association's Book, *7 Steps to a Smoke-Free Life*.

## Alter your environment

- Get rid of all cigarettes, ashtrays, lighters, and matches.
- Avoid places where other persons smoke.
- For a couple of weeks, don't go to coffee or lunch with other persons who smoke.

## Prepare Yourself

- Have creative alternatives available, sugar-free gum, low-calorie snacks, etc.
- Plan an enjoyable activity, and start it before temptation occurs.

## Engineer Your Social World

- Tell a lot of people that you've quit smoking.
- Make clear to your smoking friends that you don't want them to give you or offer you a cigarette. Most relapses come from a friend.
- Tell a friend about an upcoming temptation, and ask them to give you some encouragement in that situation, for example just before a tense meeting.

## Promote Your Stop Smoking Goal

- Rehearse your reasons for quitting.
- Promise yourself something you enjoy as a reward for getting through the first week; a movie, a dinner, a favorite restaurant.
- Get involved with activities that don't go with smoking such as exercise or meditation.
- Imagine yourself as you'd like to feel, enjoying your favorite activities with smoking.

## Reduce the Appeal of Temptations to Smoke

- Think about how cigarettes harm you in so many different ways.
- Think about the diseases you're concerned about getting, if you go back to smoking.

## Cooperation of Friends and Family

- Create a team of three persons who can support you: one person from your family, one from friends, and one from work.
- Tell your team members how they can support you.

## Plan alternatives to Smoking

- You'll need something to do with your hands and mouth
- Create a "Survival Kit" which could contain: sugarless gum or candy, stirring sticks, a ball to squeeze, cinnamon sticks, rubber bands, paper clips, a pencil to hold.
- Keep busy.
- Create alternatives to smoking: take a walk, doodle, chew gum, call a friend, exercise, crochet, knit, read, do a hobby, etc....

## Are You Ready to Quit Smoking?

The American Lung Association book asks these seven questions to determine whether you're ready to stop smoking.

1. Do you believe that smoking is dangerous to your health?
2. Beside health reasons, do you have other personal reasons for quitting?
3. Are you committed to stopping, even though it may be tough at first?
4. Is it a #1 priority for you to quit smoking?
5. Are your family, friends, and coworkers willing to help you quit smoking?
6. Have you planned specific strategies to support your non-smoking?
7. Will you be patient with yourself, if you backslide?

If you answered "yes" to most of these questions, then you are ready to quit. If you're ready to quit, then choose hypnosis, scientifically- proven, most successful method of quitting smoking.

To learn more about the Portland Quit Smoking Hypnosis program offered by Michael Nagel MA CHt, click on link below:

**[Portland-Quit-Smoking.com](http://Portland-Quit-Smoking.com)**