

CATEGORY SPECIFIC TIPS ON HOW TO QUIT

Craving

- If you scored high in this category, you're not unusual. Your craving for another cigarette begins to build the moment you put one out. Is the craving psychological, physical, or both? If you crave nicotine, your nicotine receptors in the brain make you uncomfortable and irritable when the level of nicotine in your blood drops. Strongly consider using nicotine replacement therapy (patch, gum, or lozenge) if cravings keep you from stopping tobacco.
- In addition, reorder your day to avoid situations that trigger your smoking urge. For example, change your morning routine and your work habits, alter your driving route, etc.
- Stay busy! Don't allow yourself to have gaps of unprogrammed time.

Habit

- Once smoking becomes habitual, you smoke automatically. Chances are you enjoy only a few of the cigarettes you smoke but you have established triggers to smoking in your brain like when you drive, drink coffee, or talk on the phone.
- Disconnect these triggers from your smoking. Declare the house smoke-free! Throw away your cigarettes, ashtrays, etc.
- If your spouse or friends smoke, designate a portion of your home as smoke-free.
- Chew sugar-free gum.
- Go to places where smoking is prohibited - public buildings, movies, theatres, libraries, etc.
- Substitute a different behaviour when you are bored. Take a soothing bath or shower or listen to music.
- Have your car cleaned. Wash out the ashtray and fill it with toothpicks.
- Have the inside of your house - drapes, carpets, furniture - thoroughly cleaned.