Tobacco Treatment Tool

Components of a Simple Quit Plan

Review own smoking behavior

Use pack wraps.

Identify personal motivators

List reasons why quitting, list benefits and costs, financial concerns. Put this list on the refrigerator or carry in your pocket; read it as often as necessary.

Make a list of social supports

Tell people you are quitting, ask for their help (specifically, what is helpful for you), find people who are really supportive, tell them what would be helpful to you, what isn't, and avoid people who are not empathetic. Find support groups to attend, or other resources like the Maine QuitLink. It's okay to be assertive.

Prepare to taper

Make it reasonable with doable goals.

Set a quit date

Within 2 weeks, pick a day when there is low stress.

Prepare the environment

Throw out ash trays, clean the house or car, practice not smoking in car or house or at work. Make smoke-free areas. Have your teeth cleaned.

Identify specific triggers and strategies to lesson/avoid them

Give examples of common triggers and solutions (i.e. avoid alcohol, social situations, friends who smoke, morning routines, coffee, work breaks, after eating, using the phone, certain people, driving, watching tv, relaxing, celebrating).

Manage urges and use of alternatives

Create a list of coping techniques, how to deal with negative moods, anger, frustration, etc. that often trigger the urge to smoke. Avoid or minimize stress if possible.

Discuss use of the 4 D's

Deep breath, **D**rink water, **D**elay smoking, **D**o something else

Last Revised: 9/25/24

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Explore what worked in the past and what might be helpful now

For example: use straws, paper clips, have tea, go for a walk, walk the dog, try yoga, play with the kids, brush your teeth, meditate, listen to music, try relaxation exercises, hot baths, meditate, pray.

Start a new hobby

Think of new things to do to keep busy. Ask “What are the things that make me happy?”

Identify relapse prevention strategies and plan for them

Caution against being overconfident, anticipate or minimize stress, learn how to use positive self-talk, stick with an exercise routine, change lifestyle to avoid people and places where there is smoking.

Plan strategies for dealing with potential weight gain

Exercise plan, healthy snacks, water, plan ahead, straws, cinnamon gum.

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