

# Break Away from the Pack...

Your Smoke-Free Path  
Starts Here.

Freedom Is Around  
the Corner!





## Your smoke-free path starts here. Freedom is around the corner!

This is the second book of Break Away from the Pack, the American Cancer Society's three part guide to help you to stop using tobacco for good. Break Away from the Pack consists of:

<b>Book 1</b>	<b>You Know You Should Stop Smoking. We Know You Can!</b> Reminds you why you should stop using tobacco. Describes new stop-smoking medicines and ways to make quitting easier.
<b>Book 2</b>	<b>Your Smoke-Free Path Starts Here. Freedom is Around the Corner!</b> Helps you prepare to stop. Guides you through the first week without tobacco. Gives practical advice on how to take care of yourself, along with tips to avoid slip-ups.
<b>Book 3</b>	<b>You're A Nonsmoker Now. Stay Quit for Good!</b> Shows you how to stay off tobacco for good. Helps you prepare for difficult situations that could lead you to smoke again. Points out danger signs and dangerous times. Offers ideas on how to live tobacco-free.

Since most tobacco users smoke cigarettes, we refer to cigarette smoking most often.

If you smoke cigars or pipes or if you use spit tobacco, the facts and quit tips you'll find here may be useful.

### To get the most from Break Away from the Pack:

1. Even if you feel you are ready to quit right away, Book 1 can help.
2. Read each book through once, then go back with a pen or pencil to answer questions, fill out checklists, and take notes.
3. Keep in mind that there's never been a better time to stop smoking.

### Good luck and good health to you!

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# Picking a Quit Day Is a Step in the Right Direction

## Planning for Quit Day is a bigger step.

If you decided to break away from tobacco, then you're ready to take your first steps along a new, smoke-free path. But, picking a Quit Day without taking the time to get ready for it can send you in the wrong direction!

Take a week or so to count down to your Quit Day—the day when you'll become a nonsmoker. You'll need to spend about 30 minutes a day to get ready.

## When is your Quit Day?

Write it here: \_\_\_\_\_

## Don't let stress push you off the track.

All of us feel stress of one kind or another. Money, job, or family worries are everyday bumps in the road, and you'll never be free of all of them. Don't talk yourself into waiting for a less stressful time to stop using tobacco. Even if today's stress eases up, more will take its place.

With planning, you can manage the stress of quitting and the stress of living your life. Only a major change in your life or a tragedy should make you consider putting off the Quit Day you've been planning.

*"Quitting smoking helped me turn my life around."*



*"I must have tried to stop a dozen times. On the spur of the moment, I'd announce, 'Tomorrow I'm quitting!' But I never lasted more than a day or two. I finally decided that, next time, I would put more thought into quitting."*

## Book 2 covers:

- **7 Days to Go...** Keep Track of Your Tobacco Today
- **6 Days to Go...** Get Ready for Cravings
- **5 Days to Go...** What Can Make Quitting Easier?
- **4 Days to Go...** Tell Someone You're Quitting
- **3, 2, and 1!** It's Time to Quit!
- Rise and Shine on Quit Day
- **Days 2 and 3—** Smoke-Free!
- **Days 4, 5, and 6—** Change Is in the Air
- **One Week Quit—** How Will You Celebrate

# 7 Days to Go!

## Keep Track of Your Tobacco Today



*"After so many years as a smoker, I thought keeping track of cigarettes was a stupid idea. But I went along with the program, and, by the end of the day, I was shocked at what I saw. I smoked half my cigarettes when I was bored and six others when I was angry. Now I want to see if it's any different on a Saturday when I'm not at work."*

### When and why do you use tobacco?

Most smokers have regular tobacco habits. What makes you want to smoke? Do you smoke with morning coffee, in the car, on a work break, or after dinner? Or, do you smoke when you're angry, when you're stressed, or when you're celebrating? You'll need to learn not to smoke when you used to.

Look for the Tobacco Tracker on the inside back cover of this book. Tear it out, and put it, along with a pen, where you keep your cigarettes.

### Here's what to do.

Your job today is to take some notes about every cigarette before you smoke it. Starting with the first time you smoke today, jot down these facts: the time of day, where you are and who you're with, what you're doing, and how you're feeling. Ask yourself, "How much do I need this cigarette?" Decide whether your need to smoke is "high," "medium," or "low."

If you have more than one cigarette at a time, fill out the Tobacco Tracker for each one. Once you make your notes, feel free to smoke as you normally would. Here's what someone might write:

Tobacco Tracker			
Time	What was I doing? Where? With whom?	How was I feeling?	My need was: High/Medium/Low
10:30	having coffee/at work/ with Pat and Chris	tense-busy day	medium
5:15	driving home/ in car/alone	relaxed	high

The only time you should put off taking notes is if you smoke while driving. Once you arrive, fill in the Tobacco Tracker before you get out of the car.

### Track your smoking on at least one other day this week.

Copy the Tobacco Tracker onto a piece of paper or an index card. You might want to pick a different kind of day, like weekday vs. weekend or work vs. home.

## Small changes will help you along the way.

Why track your tobacco? It will help you recognize and deal with tough situations that come up. If you are prepared for them, it will be that much easier to deal with surprises.

Look at your two Tobacco Trackers and, in the box or on another piece of paper, make a list of the situations that will make you crave a smoke. Write down ways to deal with each one.

## Try changing your routines.

This page has many ideas for common smoking situations. Each one was tested by a smoker who quit. You'll find many more suggestions throughout this book. Some of these help most in the first days. Others will become part of your routine for good. If you're ready, you can start practicing some of them now. Then, it will be easier when you're not smoking.

- **If you smoke as soon as you get up:** jump into the shower right away • change the order of when you shower, dress, and eat • take a 5-minute walk around the block • drink coffee or eat breakfast standing up or in a different room • get up later so you won't have time on your hands • spend the time you would have spent smoking filing your nails or brushing your teeth.
- **If you smoke in the car going to work:** take a different route • offer a ride to a nonsmoker • wash all the inside windows (take a look at the brown scum on the rag: *You've been breathing that!*) • clean out the ashtray and lock it in the trunk with the cigarette lighter • buy a special tape or CD to play only in the car • grab a handful of coffee stirrers from a coffee shop to "smoke" • keep a roll of mints or hard candy on the seat beside you.
- **If you smoke when you're angry or stressed:** do slow, deep breathing for five minutes • take a five minute walk • squeeze a rubber ball • talk it out.

### Go the extra mile...

From now until you quit, buy tobacco one pack at a time and change your brand every day. You will still be smoking, but your taste buds will not be happy. It will be a little easier to make the break on Quit Day.



*"Don't get me wrong—I love my three boys. But those two cigarettes on the back step after supper gave me some breathing room before I had to start the bath and bedtime routine. I needed that time to myself. So now I go out there and eat an orange... one section at a time."*

### Situations That Will Make Me Want to smoke

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Check off the ones you know how to deal with.*

# 6 Days to Go!

## Get Ready for Cravings

*“The Four Ds were my secret weapon. They kept me from smoking dozens of times!”*



### The Four Ds

When you crave tobacco, try **the Four Ds** to buy yourself time.

1. Try **Deep** breathing.  
*Close your eyes, breathe in through your nose, and breathe out slowly through your mouth.*
2. Get a **Drink** of water.  
*Drink it slowly, sip by sip.*
3. **Do** something else.  
*Some activities trigger cravings. Get up and move around.*
4. **Delay** for 10 minutes.  
*Repeat if needed. Remember cravings last only about 20 minutes at most.*

### It's good to be ready for withdrawal.

As soon as you stop using tobacco, nicotine and other tobacco poisons will start to leave your body. If you're hooked on nicotine, your body will tell your brain—through withdrawal symptoms—that it needs to get the nicotine back to a comfortable level. Withdrawal can be unpleasant, and if you are not ready for it, you could “slip” or give up on quitting.

Think now about what you will do to help yourself feel better if you have withdrawal. If you tried to quit before, you may have to handle the symptoms you had last time, or you may have others. The most common discomforts are listed in the box on the next page. Very few people have all of them, and no one ever has them all at once.

### What will make you feel better?

Time, home remedies, and stop-smoking medicines can all make nicotine withdrawal easier. Many people use a combination of these.

### Give yourself time.

A withdrawal symptom will fade in about 20 minutes whether you smoke or not. This seems simple, but when withdrawal is strong or when symptoms come one after another, it's hard to think of anything but the “quick fix”—tobacco.

Buy yourself time by following the Four Ds in the box on the left. These are so effective that they are printed on a pocket card at the back of this book. Keep that card with you once your Quit Day comes.

### Take care of yourself with home remedies.

Personal care and over-the-counter remedies help ease withdrawal pangs. In the box on the next page you'll find some suggestions for dealing with the common symptoms. Add your own ideas and make a shopping list. Get what you need in the next few days.

## Will a stop-smoking medicine help you?

The Four Ds and home remedies are enough to see many people through the first days without tobacco. But if you're hooked on nicotine, or if withdrawal caused you problems before, it might help to add a stop-smoking medicine. These medicines can have side effects, and not everyone can use them. Your doctor, nurse, or pharmacist can tell you more about:

- **Nicotine Replacement Therapy (NRT).** The low dose of nicotine in NRT helps cut cravings once you quit. You can buy nicotine gum, lozenge and “the patch” over the counter at the drug store. NRT can also be prescribed as a nasal spray or inhaler. Get some advice about which might help you the most. (For example, if you use spit tobacco, NRT gum is often a good choice.) Buy NRT before your Quit Day, but use it only after you have stopped using tobacco completely. Read the directions and follow them carefully.
- **Non-nicotine medicines.** These prescription medicines (Zyban® is one) have no nicotine in them, but they lower the urge to smoke and can help keep weight gain down. What's more, you can use NRT along with non-nicotine medicines.

The pills need to be started two weeks before you quit smoking. So, if you decide now that a non-nicotine medicine will help, you'll need to put off your Quit Day for two weeks so the medicine can take effect. In the mean time—and this is very important—track your tobacco use every day until Quit Day. You'll stay on your smoke-free path and get to know your smoking patterns even better.

## Don't rule out other kinds of help.

Consider taking a stop-smoking class, joining a support group, or using an alternative health method. Make those arrangements today.

## I will take care of myself during withdrawal

### Headache

- Tylenol® or usual headache reliever
- rest
- warm baths
- relaxation techniques
- \_\_\_\_\_

### Feeling Dizzy or Lightheaded

- close your eyes for a moment and breathe slowly
- \_\_\_\_\_

### Sore Throat

- sore throat lozenges, hard candies
- drink plenty of liquids
- \_\_\_\_\_

### Cough

- cough drops
- drink plenty of liquids
- \_\_\_\_\_

### Trouble Sleeping

- cut down on caffeine
- read a dull book
- \_\_\_\_\_

### Constipation

- increase fruit, fiber, fluids
- exercise
- \_\_\_\_\_

### Feeling Nervous and Irritable

- cut down on caffeine
- deep breathing
- \_\_\_\_\_

### Low Concentration

- make a “to do” list; look at it often
- take extra time to get things done
- \_\_\_\_\_

# 5 Days to Go!

## What Can Make Quitting Easier?



*"I had a bad attitude. I was angry at myself for smoking and angry about having to quit again. Once I started helping myself get smoke-free instead of fighting it, I was a lot better off."*

### New attitudes can help.

With so many quit methods to choose from, there is no single way to stop smoking. No matter which one you choose, the attitude you have when you take your first tobacco-free steps can make all the difference. Here are three important ideas.

#### 1. Quitting tobacco is a learning process.

In many ways, it is like learning to drive a car. If you were a new driver:

- You might read a manual to learn the rules of the road, common dangers, and safety tips.
- You might take a class and head out to the highway with an experienced driver at your side.
- You would practice until you felt comfortable driving in all kinds of weather and on all sorts of roads.
- You would learn from your experiences and use that knowledge in your travels.

If all new drivers skipped the learning steps and simply drove off, how many would safely reach their destinations? If everyone who wants to quit tobacco skips the learning steps and just stops, how many would quit and stay quit? Not many at all.

#### 2. You can quit even if you have mixed feelings about it.

You know you should stop. You want to quit more than you want to smoke. You look forward to calling yourself a nonsmoker. Your mind says, "Quit. It's good for you." Your heart says, "I'm losing a friend." Feeling sad, fearful, or angry is normal. Once you follow through on your plan to quit, your heart will also say, "It was a good thing to do."

#### 3. You can choose to be realistic and optimistic.

Expect to be tested. Have hope and confidence you will quit. Create a positive statement like, "I'm ready to quit and I will", and say it frequently.

*With five days to go before stopping tobacco, you have plenty of time to make these ideas your own.*

# 4 Days to Go!

## Tell Someone You're Quitting

### Should you tell the world you're going to stop using tobacco?

Quitting is such a big step that it's only natural to want to tell everyone you're going to do it. Think about the people at home or at work who would be thrilled to find out you're quitting. Your family and friends who have seen this book may already be asking how they can help. Getting support from people who care can inspire you to keep up the good work.

### What should you tell others about your plan to quit?

Tell people who know you're quitting what will help you and what won't. Ask two close friends or family members if you can call on them to talk you out of going back to tobacco. Write their names below. Now write down what you want them to say or do if you need help. Tell them.

#### In case of emergency:

Name David The type of help I want is:

Remind me why it's worth quitting. Tell a joke to cheer me up.

Name \_\_\_\_\_ The type of help I want is:

Name \_\_\_\_\_ The type of help I want is:

Carry their phone numbers with you, and don't be afraid to ask for their support.

### A special challenge: Do you live with a smoker?

It's easier to quit and stay quit if your home is smoke-free. Consider these options:

- Quitting together might be an option, but unless you are both sure about quitting, going solo is a better idea.
- Will the smoker agree to smoke outside or in one room?
- If not, will the smoker agree to keep all tobacco out of sight and use only one ashtray?
- Most important, will the smoker agree to support your quitting by not offering cigarettes and by saying "no," even if you ask for one?

*"I used to think cravings were the punishment I deserved for smoking. I suffered in silence, and I always caved in. Then, last time, my cousin said, 'Why don't you call me if you think you're going to smoke. I'll give you a pep talk.' You know, I never had to make that call, but it made all the difference knowing I could."*



# 3, 2, and 1! It's Time to Quit!



*"When I found out I was going to have a baby, my first thought was, 'YES! I can't wait!' My second thought was, 'NO, I can't quit!' But I wasn't going to let smoking hurt my child. I had a good reason to quit and to stay quit."*

## Three days left and lots to do.

Take time in these three days before Quit Day to look forward to your smoke-free future. In three days you'll join the 75 percent of Americans who do not smoke. In three days you'll begin a journey to regain health lost to tobacco. Your freedom is truly around the corner.

## Last-minute doubts are normal.

At this point, so close to Quit Day, it's normal to try to talk yourself out of quitting. These smokers' thoughts are very common. Whenever you have such a thought, turn it around with an upbeat spin to keep yourself on track. Here are three common smokers' thoughts, along with ways to talk back.

If you think...	Turn it around and think...
"I can't quit. I'm just not strong enough."	"Hey, wait a minute, if anyone else were to say that to me, I'd get mad. Of course I can quit. Maybe it won't be easy, but I've done plenty of things that weren't easy."
"I tried before. I'm a fool to think this time will be different."	"If I start out that way, I'm setting myself up to fail. Last time I learned a lot about what NOT to do. This time I know what to do."
"I can't live without tobacco."	"Of course I can. I wasn't born smoking. It will be hard not to smoke, but not impossible."

What smokers' thoughts are getting in your way right now? Write one down and then turn it around to help you quit.

If you think...	Turn it around and think...

## It's time for a "Reality Check." How far have you come?

You're almost ready for your Quit Day. Let's look at how close you are to the start of your smoke-free path. If you have skipped any of the steps in the checklist at the right, catch up now.

### Think about the week ahead.

Are there some chores at home or at work that, if you get them done before quitting, will make the first few days a little easier? At home, you might want to get ahead on your grocery shopping, bill paying, or laundry. At work, you might want to catch up on a project you've been avoiding. If you can cut out a few everyday pressures, you'll have some breathing room to manage the stress of quitting.

### You have FOUR things to do on the night before Quit Day.

- 1. Think about tomorrow.** Where will you be? What will you be doing? Who will be with you? Start with first thing in the morning and imagine what you'll do at every step of the day. What times and situations will make you want to smoke? Make a simple plan to deal with each one.
- 2. Toss out your tobacco.** Throw away your cigarettes. *All of them.* If you bought a carton last week, toss it. Open each pack, wet the tobacco in the sink, or send it down the disposal. Check your hiding places, your desk drawers, coat pockets, the tool box. Throw away all ashtrays. Take out the trash. If you have a smoker's thought like, "This is too harsh," talk back: "I won't need these anymore. Keeping them will just tempt me." If you will be using nicotine replacement therapy, put the patch or package where you usually keep your tobacco.
- 3. Read your reasons for quitting.** Just before you go to sleep, remind yourself that your smoke-free path starts tomorrow. It will be good for you. And it's about time.
- 4. Practice mental rehearsal.** Practice mentally rehearsing getting through tough situations. Athletes and peak performers do it all the time. Here's how it goes:
  - Find a quiet place, sit down and relax.
  - Close your eyes and take a deep breath.
  - See yourself in a situation where it will be tough not to smoke.
  - Then see yourself conquering the craving by using some of the new strategies you have learned.
  - Open your eyes knowing that you have successfully made it through the craving.

The more you practice this exercise, the easier it will become. Do it regularly.

*"I was outside finishing my last cigarette the night before I quit. My teenage son came out, sat beside me, and said, 'I always knew you'd finally decide to quit.' I stubbed out that cigarette, and we went inside together."*

### Reality Checklist

- I know the facts about tobacco, and I have a firm grip on my reasons for quitting.
- I tracked how I use my tobacco for at least two days. I made a list of tricky situations. I know what to do.
- I have a plan to take care of myself during withdrawal. I hope to have an easy time, but I am prepared for strong cravings.
- I have told two people who are willing to help me if I need them to.

# Rise and Shine on Quit Day



*“When I woke up that first morning, I thought, ‘This is NOT a good day to quit.’ Of course, that was a smoker’s thought. I knew I was ready, and I talked right back to myself, ‘If not today, then when?’”*

## Every journey starts with the first step.

Today is your Quit Day. Did you jump out of bed, eager to start your new smoke-free life? Or did you hide under the covers hoping that the idea of quitting was just a dream? This is the day you planned for. No matter what your state of mind is, when you wake up on Quit Day, you are now officially tobacco-free.

## Here’s what to do on Quit Day.

- 1. Do a quick check.** Is all of your tobacco gone?
- 2. Put together a special deck of cards.** You’ve been using your *Reasons for Quitting* card. Tear out the *Picture Frame* card from the back cover of Book 1—be sure there’s a picture in it, even if it’s one of you. Tear out the *Four Ds* card at the back of this book.

- **Shuffle the cards** for something to do with your hands.
- **Read them** if you’re losing your motivation.
- **Follow the Four Ds** if you’re struggling.

- 3. Pack a bag.** How many times a day did you reach for tobacco? What will you reach for now that you’re a nonsmoker? Fill a small bag with things to help you deal with different situations. Former smokers came up with the ideas below.

Keep this Bag of Tricks with you for the next couple of weeks. If you are homebound or if you have no plans to leave the house, pack the bag anyway. Once withdrawal and cravings ease up, you’ll usually reach for only one or two things in the bag. Keep using the ones that help you most.

### What Will You Put in Your Bag of Tricks?

- |                                                                                                                                                         |                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Your special deck of cards (keeps hands and mind busy)                                                                         | <input type="checkbox"/> Child’s puzzle cube, soft rubber ball, or small toy to play with (keep hands busy, mind distracted) |
| <input type="checkbox"/> NRT gum, nasal spray, or inhaler (use as directed for physical cravings)                                                       | <input type="checkbox"/> Cheerful note from your child or a loved one (instant pep talk)                                     |
| <input type="checkbox"/> Paper-wrapped hard candies, lozenges, lollipops, mints, sticks of gum. (keep hands and mouth busy)                             | <input type="checkbox"/> Pencil and paper to doodle on or to write lists (keep hands and mind busy)                          |
| <input type="checkbox"/> Drinking straws cut to cigarette lengths, cinnamon sticks, plastic coffee stirrers (nonfood ways to keep hands and mouth busy) | Other ideas: _____                                                                                                           |
|                                                                                                                                                         | _____                                                                                                                        |
|                                                                                                                                                         | _____                                                                                                                        |

**4. Carry out the plans you made.** Last night you thought about the times and situations that will make you want to smoke today. Starting right now, you get to put all your plans into action. Here is a checklist to use every day.

## Daily Checklist

### I'll deal with withdrawal:

- Zyban® or another medicine—I have taken it today.
- NRT patch—I am wearing it.
- NRT gum, nasal spray or inhaler—in my Bag of Tricks.
- Home remedies—also in my Bag of Tricks.
- The 4 Ds—I know how to use them.

### I'll make new routines:

- I know what I'm going to do during the tricky situations when I used to smoke.
- I have distractions to keep my hands and mouth busy packed in my Bag of Tricks.
- I'll call someone if I need support.

### I'll watch out for surprises:

*If an unexpected situation makes me crave a smoke, I'll:*

- avoid it—get away from the situation as gracefully as possible.
- alter it—do the 4 Ds or change what I would normally do until the craving goes away.
- ask the person I'm with to bear with me because I just quit.

### In general, I'll:

- turn smokers' thoughts around so they don't bring me down.
- spend more time with people who don't smoke.
- go easy on myself because this is a big change.

### At the end of the day, I'll ask:

- What went well? I'll do those things again tomorrow.
- What needs to improve? I can change it.
- What will my day be like tomorrow? I'll be ready for it.
- Practice mental rehearsal for tough situations.

**First thing tomorrow, I'll use this checklist again.**



*"Planning my day takes a little extra time, but it pays off in the long run."*

## What if You Smoke?

This is serious but not the end of the world... or the end of your quitting.

If you slip, ask "Why am I smoking right now?"

- Is it withdrawal? Look for a better way to handle the discomfort. If supplies in your Bag of Tricks don't help, think about using a new or different stop-smoking medicine.
- Is it stress or anger? Exhale those feelings by doing deep breathing along with the rest of the Four Ds. Take a walk. Talk about it.
- Is it impulse? If someone offered you a smoke and you took it, stay away from people with cigarettes for a while.

You've come too far to veer off-track. Pick up the smoke-free path where you left off.

# Days 2 and 3— Smoke-Free!

*“By the middle of the second day, I was climbing the walls from withdrawal. It felt like there was a hole in the bottom of my bag of tricks. I decided to hold on for one more day.*

*“Well, I didn’t feel any worse the next day. So I gave myself another day, and another. By then, I was feeling better.*

*“What do they say about taking life ‘one day at a time?’ It sure worked for me.”*



## **No matter how you feel today, it’s a good thing to be smoke-free.**

If, on Day 2 or Day 3, you’re wondering what the fuss about withdrawal and cravings is all about, lucky you! But if withdrawal and cravings are taking all of your attention, aren’t you glad you were ready for them?

## **Physical symptoms will reach a peak.**

In Day 2 and Day 3, physical symptoms and cravings can feel like a constant burden. A common smoker’s thought is “I can’t live the rest of my life feeling this way!” You can turn it around and say, “I’ll only feel like this for a little longer.”

And this is true. As your nicotine levels go down, withdrawal symptoms go up; they reach their peak—often on Day 3. Then they begin to fade.

## **Will NRT and other medicines protect you from withdrawal?**

Not necessarily. Here’s a comparison. If you were starving and someone offered you a piece of chocolate cake, how easy would it be to resist it? It’s harder to deny yourself food when you’re hungry, even if you have a good reason to refuse. On the other hand, if you weren’t all that hungry in the first place, it would be easier to turn down the cake, especially if refusing would help you reach an important goal.

Stop-smoking medicines help with the addiction—they take care of your physical need for nicotine. But even as they ease your hunger for tobacco, you may still want to smoke. Having your goal in mind, along with your plans to deal with cravings, will help you choose not to smoke.

## **Stay focused on your Daily Checklist.**

Every day without tobacco is a good day. Take care of yourself and learn to live life as it should be—tobacco-free.

- Use the Daily Checklist on page 11.
- Carry your Bag of Tricks (page 10) with you.
- Use the ideas on pages 4 and 5 to help ease physical symptoms. Think of other remedies to try.
- Get extra rest.

## A special challenge: Were you a heavy tobacco user?

Did you “chain smoke?” Was a pipe or a cigar clenched between your teeth most of the day? Did you dip or chew (and spit) just about everywhere? You’ll need to handle the nicotine addiction from such heavy use. But you’ll also miss the automatic habit of lighting up or dipping. Besides the gums and candies already suggested, you might try substitutes like toothpicks, cinnamon sticks, cloves, or sunflower seeds.

### Here are more tips.

**If you used to smoke when you talked on the telephone:** hold the phone with the other hand • stand if you usually sit • sit if you usually stand • take small sips from a glass of ice cold water • doodle on a scratch pad • file your nails • fold a sheet of paper down into a very small square; unfold it; repeat • tear a sheet of paper slowly and carefully into tiny pieces.

**If you used to smoke after dinner:** get up from the table right away • go brush your teeth • take a walk • sit in a quiet place for a few minutes • write a letter or doodle • chat with a neighbor.

**If you used to smoke while watching TV:** choose a different chair to sit in • put together a 500- or 1,000-piece puzzle • take up knitting, wood carving, paint-by-numbers • shuffle a deck of playing cards.

**If you used to smoke at your computer:** put up a screensaver that says “I’m a nonsmoker now.” • bookmark a stop-smoking web site or bulletin board; visit it often • if cigarettes helped you concentrate, focus on a shell, a crystal, or a glass paperweight that you keep next to the keyboard.

### Look ahead.

You’re working hard to stay quit. And hard work should be rewarded. Think of a special way to celebrate your first week being tobacco-free.

- You could go out to dinner, buy yourself a small gift, see a show.
- You might give yourself a gift of time: take a long nap, go for a hike, feed the ducks at the park.

Decide now what you’ll do and write it in the box on the right.



*“My mother was very lonely and we talked on the phone every night. I gave her a lot of support, and my cigarettes supported me. It’s funny, though, when I was quitting, I used some simple tricks to get through those chats without smoking.”*

**This is how I’ll celebrate my first tobacco-free week:**

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# Days 4, 5, and 6— Change Is in the Air



*"I had stopped for five days, and was feeling just about the same as I did the day before—handling a lot of cravings, chewing a lot of gum.*

*"I was complaining to a buddy of mine who quit, and he asked me how I felt compared to a couple of days ago. When I thought about it that way, I could see things were getting better."*

## Stay on course. Check your progress.

Think back over the last couple of days. Are you having as many withdrawal pangs or cravings? Are they as strong? You'll see changes for the better on Days 4, 5, and 6.

Here's another way of seeing how far you've come. In the first couple of days, was tobacco on your mind just about every minute? How much time do you spend thinking about it now? If you're having cravings for 10 minutes or so every couple of hours, you could grumble about it in a smoker's thought. Or you could turn it around: "I'm doing just fine for 110 minutes out of 120."

Once you see a change, take it as a sign that you're making progress. But progress doesn't mean you should stop following your Daily Checklist. One of these days, a smoker's thought will make you wonder if you need to follow it so closely. You do.

## Sometimes you'll want to downplay quitting.

The people who know you've quit have high hopes for you. A few of them may want to help, but go about it in ways that do more harm than good. Be ready for:

- helpers who ask so often about how you're doing that you feel smothered.
- the Cigarette Police who sniff the air or your clothing to see if you've been smoking.
- the experts who insist their way of quitting was the one true way to do it.
- the kill-joys who wonder, "What makes you think you can quit this time?"

Let them know your quit-smoking program tells you not to talk too much about it. You read that right here.

Talk about your quitting with people who will offer no judgments, snide comments, or unwanted advice. They're the ones who, if you're struggling, will ask, "What can I do to help you?"

## A special challenge: Do you miss your smoking friends?

When you take the first steps to quit, it can be a hazard to spend a lot of time with people who smoke.

- If you live with a smoker, you may want to work out the tobacco ground rules in the week before you quit.
- If coffee breaks at work were really smoke breaks, you may need to avoid the usual group for a while. If you rejoin them, be ready for cravings and expect to be offered tobacco.
- If you often socialize with smokers, you may want to wait a few weeks before joining the party.

If you can, find other times—nonsmoking ones—to see friends who continue to smoke.

### Try these tips.

**If you used to smoke on work breaks:** take your break, but spend it with a nonsmoking friend in a no-smoking spot • pick up an out-of-the-ordinary magazine—travel, hobby, sports, crosswords—and save it to read on breaks • take a walk around the building • clean out your desk or locker • sit quietly with your eyes closed and take a mini-vacation • take your keys off their key ring; put them back on • do some deep breathing or simple stretching • if you do join a group of smokers, bring your Bag of Tricks • when offered tobacco, just say “No thanks.”

**If you used to smoke when you socialize:** sit next to the nonsmokers in the group • ask friends who smoke not to offer you any • ask smokers you sit with to keep cigarettes out of sight, not on the table • if you usually drink alcohol, stick to soda • get up often to walk around • go to the bathroom • take deep breaths • go home early.

*“The best part of my day was the 10 o’clock break, playing cards on the loading dock with the other drivers. We all smoked or dipped, and we helped each other through some rough times too.”*

*“When I quit, the worst part was the thought of turning my back on my friends. Or of having them turn their backs on me. I had to figure out a way to get the break without the smoke.”*



# One Week Quit— How will you celebrate?



*"My little boy gave me a hug and said, 'Daddy, you smell so good!'"*

*"I'm older, you know. I had my doubts about whether I could do it. Quitting was the best thing I ever did for my health and for myself."*

*"When I had been quit for a week, my brother said, 'If you can stop, so can I.'"*

*"Movies are much easier to follow when you don't have to sneak out in the middle for a smoke."*

*"We said we'd start a family after I quit. We'll spend the cigarette money I save on the baby."*

*"I know it's only been a week, but this time I feel like I'm in the driver's seat. I know wherever I go, I'll be smoke-free!"*

## **Congratulations! You're a nonsmoker!**

You've gone an entire week without using tobacco! How did you do it?

- You made the decision to quit and picked the day.
- You prepared for your Quit Day by learning about your old smoking habits and what to do instead of smoking.
- You learned how to think and act like a nonsmoker.
- With careful planning, you got through the worst of the nicotine cravings and withdrawal symptoms.

You've made it through the hardest week. It's getting easier to deal with everyday situations in new ways. Now that's an accomplishment!

## **You deserve a reward.**

Remember on Day 3, when you chose a way to reward yourself if you stayed quit for seven days? Well, today is the day. As you enjoy that reward, think, "I'm really proud of myself for quitting. I deserve this. I've worked hard to become a nonsmoker."

## **Keep moving forward.**

Use the tear-out calendar on the back cover to track your tobacco-free days. Now pick up Book 3, *You're a Nonsmoker Now. Stay Quit for Good!* It will keep you motivated, give you tips for dealing with stress without smoking, and show you how to stay healthy as you continue along your smoke-free path.

Stick with *Break Away from the Pack*, and you'll find what you need to stay smoke-free for life.

*You've made it this far. Keep up the good work.  
We know you can!*



The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

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