



Tobacco Free Allegheny

Started My Journal _____
 Quit Date _____



MY QUIT JOURNAL

I'M ON MY WAY

Today I want to stop using nicotine. I have at least 10 reasons to quit.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The more I think about these, the better I feel about my decision. I'm sure as I go along and gain some perspective, I'll find more reasons.

to add to this list. Add them here:

- 11.
- 12.
- 13.
- 14.
- 15.

I'm going to need reminders of my choice to quit. Let me think. Where can I post these reminders so I'll always have to see them?

- 1.
- 2.
- 3.
- 4.
- 5.

Will this be enough for me?

Give me a moment to think about this.

Do I need reminders at school?

Where do I hang out?

What do I always use?

Have I thought about the TV or the computer screen?

This gives me a few more ideas!

- 6.
- 7.
- 8.



I Need a Plan	2
Now What do I Do With Myself?	2
Taking a Step	2
"Is Anyone Out There?"	3
"I'm All Shook Up!"	3
Slip Sliding Away	3
Tell Me What's Going On & Time to Celebrate	4

WILL THIS BE GOOD FOR ME?

Something brought me to this turning point. REWARDS! Let me count the ways!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

- 7.
- 8.
- 9.
- 10.

If I were to continue to smoke a pack of cigarettes a day or a week for the next 30 years, what would I save?

_____ Number of packs per year at about \$4 a pack _____ x 30 years = _____ (UGH!)

What could I have done with all that cash? Hmmmm....

NEED SOME HELP?

PA Quit Line

1-877-784-8669

1-800-QUIT-NOW

www.cancer.org

www.whereIsPete.org

www.pabusted.com

I NEED A PLAN

I have three choices.

First, I could quit “cold turkey.” One day I’m a smoker and the next day I quit. That would be tough, but possible.

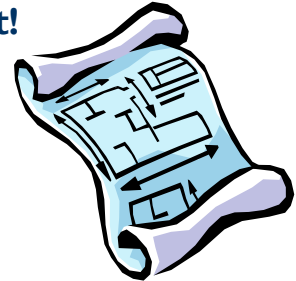
Second, I could “taper off gradually.” I’d have to keep track of what I normally smoke each day and cut back every day or week until I quit. It would take longer.

Lastly, I could “postpone.” If I waited a little longer each day to light up, eventually I’ll reach a point where I don’t smoke at all. I wouldn’t have to keep track of cigarettes. This way will also take longer.

Now I need to decide which way to go. One of these ways is right for me. I could decide on my own or get input from others who know me. They can help me make a pro and con list for each of these methods.

I’ve chose this method.

**I have a plan.
I’ll do it!**



NOW WHAT DO I DO WITH MYSELF?

I need some strategies to deal with the hard times. Will these help? I’ll put a check on the best ones for me.

- Chew gum
- Breathing deep through a straw or cinnamon stick
- Distract myself
- Keep my hands busy
- Pull out my reasons for quitting



ALTERNATIVES TO SMOKING

- Stay away from places where tobacco is being used
- Keep telling myself, “I’m not a smoker.”
- Stay in tobacco-free zones

- Use a relaxation tape
- Call a supportive friend
- Don’t carry around temptation (You know what I mean—cigarettes!)

TAKING A STEP

Nervous? The day I’ve planned and prepared for has arrived. No one said it would be easy. I have my reasons to quit. I know how much I’ll be saving. I figured out my method and I have some alternatives to smoking.

I’m going to need to pay attention to when, why and where I’m tempted to smoke. If I keep a record for a week, I’ll learn about me. A diary!

I’ll make four columns and record time, place, reason and my need to smoke on a scale of 1 to 10. A 1 means I need it bad and a 10 means I wasn’t thinking and just did it out of habit.

Well, I can start to get rid of the ones higher on the scale. The more I know about me, the more successful I’ll be. Let’s study these findings.



I’m moving in the right direction.

“IS ANYONE OUT THERE?”

I'll need some helping hands to pull this off. Who do I know that would stand by me?

- ⊘ Can they be smokers or would that be too much of a temptation to be around them?
- ⊘ Who's been bugging me to quit? Would they help me out?
- ⊘ Do I have friends who don't smoke?

Let me make my list of helpers:

How do I ask? Maybe I could just say, "I've decided to quit smoking. I need help. Can I

count on you?" That sounds right. I'll go with it.

I know there are support groups out there. I have a few places to check out.

- ⊘ School
- ⊘ Neighborhood
- ⊘ Help lines

Have to get a number or a name.

“I'M ALL SHOOK UP!”

TIP: Deep breathing is a great fix for cravings, stress, nervousness, tension, anxiety and difficulty paying attention.

I've learned that my body will react to recovery from my nicotine use. I must remind myself that these are just signs that my body is healing.

I might experience cravings but they disappear, if I don't smoke.

I could get irritable, sad, impatient. I'm going to need to ask others to be patient with me. I could try to do something fun when I get that way.

When I get nervous or anxious, walking or keeping busy could take the edge off.

I wonder if it will change

my concentration. I could take more breaks and work in shorter time periods.

Headaches, nausea and dizziness are a possibility. An aspirin will help and given time all of these should disappear as my body heals.

The best way to not have to get rid of these symptoms is never to smoke again.

SLIP SLIDING AWAY

Just because I slip, doesn't mean I have to fall. We can all make mistakes. I can't give up or spend



figure out what I did wrong and learn what to do instead.

all my time feeling guilty. That will get me nowhere and probably give me an excuse to smoke. I need to

The best thing I can do for myself is to learn from my mistakes. The most important thing to remember is that I must not give up.

Let's review:

Was it the people I was with?

Was it the places I went to?

Was I managing my stress?

Did I call on my supports?

Did I forget my alternatives?

Do I need to change my plan?

Now I can get back on track, head in the right direction, and I learned a few things about myself.

TOBACCO FREE ALLEGHENY

www.ash.org/teens.html

.....

Action on Smoking and

www.tobaccofreekids.org

Campaign for Tobacco-Free Kids

www.costkids.org

www.tobaccofreealleggheny.org

TELL ME WHAT'S GOING ON

Take up some new hobbies. These will keep you occupied and give you some interesting things to do instead of smoking. You might find some new interests that give meaning and be more fulfilling. Need some ideas?

- Read
- Build a house—Habitat for Humanity
- Play an instrument
- Join a club
- Take some pictures
- Garden
- Play sports



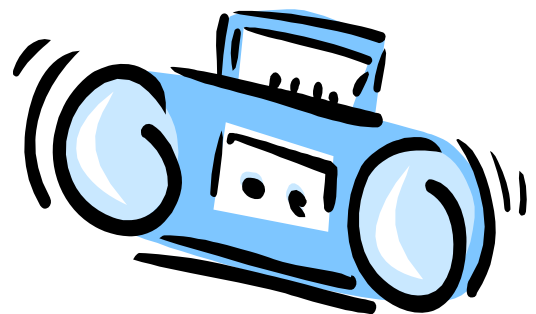
TIME TO CELEBRATE

Now I can breathe, so I can brag a little. Since I'm a non-smoker, I have some things to celebrate.

- _____ I can smell.
- _____ I smell better.
- _____ I like the taste of food.
- _____ I'm not hacking anymore.
- _____ I don't run out of steam.
- _____ I sleep better.
- _____ I feel like a success.
- _____ I appreciate my supportive Friends.
- _____ I have self control.
- _____ I will live longer.
- _____ I have money!

Others:

My life is changed, because I made this decision to live smoke free. If I keep focusing on the rewards, I will have a happier, healthier and longer life.



Remember, tobacco is only dried leaves. It is not a magic wand! Tobacco has never solved my problems—I've done that myself, and I can continue to do that without tobacco. Let's celebrate!