

## **CASCO BAY ACUPUNCTURE & MASSAGE**

### **SMOKING CESSATION PREPARATION CHECKLIST**

1. Pick your day to become a non-smoker.
2. Leading up to that day, begin preparing to become a non-smoker by switching from your usual brand to a low tar brand. Try to pick a brand you don't really like. Throw away any cartons you have. Only buy one pack at a time of that new unfamiliar brand.
3. Hold the cigarette between your middle and ring fingers, anything besides your usual fingers.
4. Do not smoke with 15 minutes of waking, eating or drinking anything. You are separating these activities from smoking.
5. Store the cigarettes somewhere other than the usual place. Make it less convenient. Mix things up. You are beginning to break up a routine.
6. Rearrange your space so that you can't smoke in the usual places. Put a plant on the stoop where you usually sit. Whenever possible hold the ashtray with the other hand, this creates a feeling of being held captive by smoking since both hands are occupied.
7. Make an appointment to have your teeth cleaned some time soon after you become a non-smoker.
8. Buy mouth wash and gum. Wrap them as a present for yourself to be opened upon your first day as a non-smoker.
9. On the eve of your day to become a non-smoker. Wash anything and everything effected by your smoking habit. Jacket, bed sheets, curtains. Give your car a thorough cleaning or have it detailed if you smoked in it.
10. Plan ahead of how your day will go when you wake up on your first morning, in a long time, as a non-smoker. Plan to make this time as different from your normal routine as possible. Anticipate how you want this day to be different especially during the moments you now have free because you are a non-smoker. Write it down and carry it with you all day. Refer back to it often. Fold up the "I AM OFFICIALLY A NON-SMOKER!" paper and carry it in your pocket. Read it often.

Before you go to sleep on your first night as a non-smoker think ahead to tomorrow. Plan to make each day protected and planned differently making the most of each day using the freedom you now have as a NON-SMOKER!