

Tips for quitting



Without question, smoking is a powerful addiction. But even if you've tried to quit before, don't give up hope. There is too much to lose when you smoke. And you deserve to be healthy!

Cigarettes are designed to be highly addictive products that make it extremely difficult to quit smoking.¹ We want to support your efforts to help your break free of cigarettes and lead healthier lives.

Throughout the *Break the habit: Commit to quit* education and awareness campaign, we've recommended that you get your free copy of the booklet, "*Quit smoking for good: Where to start in order to stop successfully.*"

The booklet is full of practical tips and tools for preparing to quit and quitting for good. For example, the physical addiction of smoking is amplified by how much smoking becomes part of your daily routine. You may find yourself reaching for a cigarette even when you don't feel a physical craving—it's just a habit attached to an activity.

In the booklet, we suggest that you write down these habits—or triggers—for smoking. In fact, take a few minutes and start filling out the table below.

I reach for a cigarette...	Always	Sometimes	Never
When I feel stressed or nervous			
When I feel angry			
When I feel tired, depressed, or bored			
When I need to occupy my hands			
When I have a cup of coffee			
After I eat			
While I'm talking on the phone			
When I have an alcoholic drink			
When I watch TV			
When I'm with other people who are smoking			
When someone offers me a cigarette			
To celebrate something			
When driving			
During a work break			

List other situations that you associate with smoking			

If you found this exercise insightful, be sure to get your copy of “Quit smoking for good: Where to start in order to stop successfully” by [<insert instructions here>](#). The booklet will help you make a quit plan that works for you!

1. Campaign for Tobacco-Free Kids, “Designed for Addiction: How the Tobacco Industry Has Made Cigarettes More Addictive to Kids and Even More Deadly,” accessed at <https://www.tobaccofreekids.org>, published June 2014

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