

## **The Week Before Your Quit Date – Participant**

**Participant's Objective:** *To learn how to make the necessary changes to become a smoke-free individual.*

### **Time to Clean House**

Begin by removing all smoking paraphernalia from the places where you most often smoke. This means take the ashtrays out of the house and car, and away from the phone. Keep only one ashtray in your home until the night before your quit date.

Turn one room in the house into a "No Smoking Zone" at least a week before you actually quit. This can be your bedroom, living room, kitchen, or whichever room you spend most of your smoking time. Begin by cleaning the curtains, pillows, fabric or any surfaces that have absorbed tobacco smoke over time.

Next, place a sign such as "Thank you for not smoking" in the room. This will help remind you that you have a safe place to go when triggers strike or urges get strong. Fill this room with items to help distract and relax you, such as puzzle books or puzzles, craft projects, books and magazines, or exercise equipment.

### **Buy Your NRTs Now**

If you are planning on using Nicotine Replacement Therapy, stock up now. Schedule a visit with your primary care physician to discuss which method is best for you. Have them ready for your quit date. This is also a good time to purchase sugar-free hard candies, mints, cinnamon candies and toothpicks, and a good water bottle.

### **Motivation**

Now is the time to remember your motivation behind quitting commercial tobacco. Spend a few moments each day this week reminding yourself what has motivated you to quit smoking. Be specific. Your success will depend on the strength of the reasons you have chosen to quit. Many former smokers were motivated by the following reasons. See if you share any:

- To gain a better family and social life
- To *really* taste foods again
- To have more money to spend on fun and leisure
- Having better health and a longer life
- To alleviate current health problems
- To be a better role model to youth
- FREEDOM, SWEET FREEDOM

### **Time to Taper**

If you smoke more than half a pack a day, you should begin tapering at this time. Begin by cutting the amount you smoke by one less cigarette on day one, two cigarettes on day two, and three cigarettes the remaining days until you reach your quit date.

If you are a pack a day smoker, your last week will be as follows:

| <b># of Days Before Quit</b> | <b>Number of Cigarettes</b> |
|------------------------------|-----------------------------|
| 7                            | 19                          |
| 6                            | 17                          |
| 5                            | 14                          |
| 4                            | 11                          |
| 3                            | 8                           |
| 2                            | 5                           |
| 1                            | 2                           |

Setting small, attainable goals will help you increase your confidence and lower your nicotine dependence. Regardless the amount you smoke each day, you are helping to mentally and physically prepare yourself for a tobacco-free life.

### **A Look into the Future**

Spend a few minutes each day this week visualizing your future as a non-smoker. Tell yourself, "I am going to succeed. I can do this!" Imagine sitting through a long movie without needing a nicotine break. Smell the crisp, clean scent of your hair without smoke. See yourself playing with your children without needing to take a breather. Whatever the image, see yourself free from your dependence on commercial tobacco.

Do anything you can do to build and strengthen your confidence. Talk with some former smokers and ask how they succeeded. Ask how they dealt with difficult situations or triggers. How do they feel now that they are smoke-free? Remember that it took you some time to become addicted to nicotine, so it will take some time to become tobacco-free.

### **Some Final Notes**

Tell friends and family that you are going to be a non-smoker soon. Ask for their support, but be prepared for those who do not seem interested in helping you through this process. Ask those who support you to be extra understanding and considerate of your potential withdrawal symptoms. While some people never suffer from withdrawal, you may get cranky, have mood swings, be nervous or anxious, suffer bouts of depression, insomnia or headaches. These are only temporary symptoms caused by your body trying to rid itself of years of chemical build up. Nicotine is generally flushed from the body within three days of quitting.