Steps to a Smoke-Free You!

Quit for Good

Congratulations! You are joining thousands of WI women who have quit smoking for good!!

Celebrate your success and smoke-free milestones: one week, one month, one year, ten years, and beyond!

Be prepared for cravings. Your brain still has nicotine receptors so certain things may still trigger you to want to smoke. The longer you go without smoking the less frequent and strong the cravings are. Have a plan in place so you are prepared to deal with triggers without smoking.

Root Causes

Why do you want to quit? How would your life and your child’s life be better if you quit?

Write down your reasons and post them around your house or wherever you keep your cigarettes.

Triggers

What are your smoking triggers? When, where, and why do you smoke?

After you’ve identified your triggers, the next step is working on breaking the connection between cigarettes and your triggers.

Cravings

Practice getting through cravings one at a time. Remember cravings will pass in a few minutes - whether or not you smoke. If you need ideas, use the “101 Ways to Get Through a Craving” handout.

Consider talking with your doctor about nicotine replacement therapy (gum or the patch) or quit smoking medication (Chantix or Wellbutrin). The more strategies you try, the more likely you’ll be to find something that works.

Set a Quit Date

Choose a date to quit. You may want to pick a date with meaning like your or your child’s birthday.

Make preparations for your quit date. Get rid of cigarettes and lighters. Tell the people in your life that you are quitting. You could also clean your car, carpets, furniture, and/or clothing for a “fresh start” and so that you don’t smell smoke.

Make a plan for how you will deal with challenges like cravings or people smoking around you.

Ready to challenge yourself?

Turn over for ideas

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CHALLENGE 1
Self Talk
When you want to light up, pause first and ask yourself, “Why do I want to smoke right now?” “What is this going to solve?” or “Is there something else that would make me feel better?”

CHALLENGE 2
Smoke by the Clock
Pick certain times of the day and one location (not a trigger) where you will smoke. Example: “I will ONLY smoke at 10am, 2pm, and 7pm and only by the garbage can outside.” This will start breaking the connection between smoking and your triggers.

CHALLENGE 3
Craving Journal
Track every craving you have for several days. Write how you were feeling, what you tried to overcome the craving, and whether or not you smoked. You’ll quickly notice patterns about the things that do (and don’t) work for you. Track your cravings using a craving journal, blank notebook, or phone.

CHALLENGE 4
Practice Quit
Challenge yourself to a “practice quit” where you go a length of time without smoking. You can start with a half day, then one full day, then two full days, then more. During your practice quit, ask yourself: What made the practice quit hard (barriers)? What ideas do you have to overcome these barriers? What will you do differently on your next quit attempt?

CHALLENGE 5
Set an Official Quit Date
Choosing an official quit date is one of the most powerful steps in your quitting journey. You can pick a date with meaning, like your or your child’s birthday. Make a detailed plan about how you will prepare for your quit date and how you will deal with challenges.

CHALLENGE 6
Share your Success Story!
Your story is unique and could help other women who are struggling to quit. Consider sharing your quit journey with the First Breath program or others in your life.