

Tobacco Cessation Program

Session 6

“Making It Last”

Table of Contents

Relapse	1
High Risk Situations	2
Relapse Prevention	4
Reasons to be tobacco-free	5
Getting Back on Track	6
An Important Journey	7
Follow Up Information	10

Objectives:

- Discuss relapse prevention
- Discuss use of medication
- Closing activities



You’ve made it through the Tobacco Cessation classes. What will happen when you’re not coming to weekly meetings? Here are some tips to avoid relapse.

Relapse

Top three reasons for relapse:

1. Living or working with others who continue to use tobacco products.
2. Field duty.
3. Thinking: "I'll have just one," "I can control it now," or "I'm just going to see how it tastes now."

Why do ex-users start using tobacco again?

- | | |
|---------------------|---|
| Stress | <ul style="list-style-type: none"> • Ask yourself "Why do I think a cigarette/chew now would relax me? Nicotine is a stimulant!" • Get out of the situation that is causing stress. • Do something else – take a walk around the block, drink a glass of water, take a shower. • Get out of the house. • Practice deep breathing and imagine a peaceful scene. • Get out your tobacco cessation plan and review your reasons for quitting. • Congratulate yourself for relaxing without using tobacco. |
| Withdrawal Symptoms | <ul style="list-style-type: none"> • Remind yourself that the symptoms you experience after quitting are only temporary. Think about the effort you've already put into quitting. Don't let it go to waste! • When you get the urge to smoke/chew, remember the 5 D's – <i>Delay, Deep breathe, Drink water, Discuss with a friend or family member, Do something else!</i> |
| Alcohol | <ul style="list-style-type: none"> • Try not to drink in situations where tobacco is easy to get. • Tell your friends you've quit. • Suck on a swizzle stick. • Avoid drinking too much – it lowers your willpower. |
| Boredom | <ul style="list-style-type: none"> • Telephone someone. • Tell yourself "I've been doing a great job; I won't blow it now!" |

High Risk Situations

Here are some situations that are potentially high risk for returning to your previous tobacco habits. Read the suggestions on how to handle high-risk situations and develop your own strategies as well.

- | | |
|--------------------------------|--|
| Awaking in the morning | <ul style="list-style-type: none">• Brush your teeth as soon as you wake up.• Start an activity right away; don't sit around thinking about tobacco. |
| Drinking coffee | <ul style="list-style-type: none">• Have your coffee while doing something with your hands so that using tobacco is difficult. |
| Eating meals | <ul style="list-style-type: none">• Have tea or another beverage instead.• Eat lunch in a different location. Sit in nonsmoking sections at restaurants.• Get up from the table right away after eating and start another activity (i.e. - take a walk). |
| Watching television | <ul style="list-style-type: none">• Have an activity ready to keep hands busy. Play a game, do a puzzle, sew, build a model, give yourself a manicure, or write a letter.• Keep low calorie snacks readily available.• Watch television with a non-user.• Have carpets and upholstery cleaned and make the television room a tobacco-free zone. |
| Driving a car | <ul style="list-style-type: none">• Have car cleaned and deodorized when you quit tobacco use.• Keep low calorie snacks, toothpicks or straws with you to chew on.• Chew sugarless gum.• Try public transportation, which prohibits smoking. |
| Taking a break with co-workers | <ul style="list-style-type: none">• Brush your teeth or start chewing a piece of sugarless gum at the beginning of breaks.• Take several slow, deep breaths and visualize a peaceful scene to help you relax.• Take breaks with non-user associates until you feel more confident about not using tobacco. |

Socializing with friends or family who use tobacco

- Suggest going to no-smoking events (movies, theater, shopping in department stores) until you are more confident.
- Let these people know you're trying to quit and ask for their support. Ask them not to use tobacco around you, not to offer you, or give you tobacco products even if you ask for them.
- Consider quitting with someone else (especially a family member). You can offer each other support and avoid extra temptation.

Other ways to cope:

Getting Back on Track

What should I do if I start smoking/ chewing again?

If at first you don't succeed, try, try again

The most important lesson learned by tobacco users is you can't test yourself by having a cigarette/dip/chew. If you do start using again, here's what you should do:

- Recognize that you've had a small setback, but that this doesn't mean you use tobacco again. Don't be too hard on yourself – everyone has little slips on the road to recovery.
- Don't give up! Resolve to remain a non-user.
- Get rid of any tobacco products you may have bought.
- Learn from the setback. What caused you to use again? How did it taste? Was it as good as you expected? How will you handle the situation next time?
- Plan on how to avoid or better cope with the situation next time.
- Read through these workbooks again. Use the tools you've learned about such as the behavior log, relaxation techniques, your survival kit, etc.
- Don't look back. Think about the effort you've already invested in eliminating tobacco; continue with it. Tell yourself, "I'm not going to let this effort go to waste; I'm still a nonsmoker/nonuser!"

Other ideas to get back on track:

You have started on an important journey...taking one day at a time

You have stopped using tobacco and replaced it with a nicotine patch. Your body is accepting smaller amounts of nicotine than normal. Before long you will be accepting “zero” nicotine. What a great conquest! Be proud of yourself, not only as a former tobacco user, but also as a person who soon will no longer need nicotine to have a good day.

You may have noticed that the association between tobacco and many of your daily activities is becoming less intense. You originally trained your brain to associate using tobacco with a daily activity. For example, you poured a cup of coffee, lit a cigarette and inhaled, then sipped your drink. After repeating this sequence many times, a pattern of reinforcement occurred. It requires some effort on your part to break this association but it can be broken. You taught yourself to make the association between the coffee and the cigarette smoking. You can also teach yourself that they are no longer done together. Each time you repeat the first act without the second act, a new pattern of behavior is learned and the old pattern is forgotten.

Remember how many times per day you automatically reached for your pocket, purse, bedside table, and all those places you formerly kept tobacco products. The automatic reaching will be almost gone in six weeks and completely gone in four additional weeks. The reason is related to the law of positive reinforcement, which states:

Any behavior that results in a positive state of affairs, or eliminates a negative state of affairs, or prevents development of a negative state of affairs, is positively reinforced and tends to become habit.

Behavior is the sum total of everything you do. People don't do things for which they get no reward.

Recognizing the law of positive reinforcement is important. An acknowledged behavior is repeated, an ignored behavior is discarded. Each time you do not reach for a tobacco product, the pattern weakens.

In the same vein, you do not want to develop new association bonds between your daily events and the nicotine patch. You are probably a little surprised to note how much confidence you have in the nicotine patch. Putting the nicotine patch on is comforting. This proves two things. First, the nicotine patch is an acceptable way to get your daily nicotine. Second, it is time to start backing off of the nicotine patch.

Recall how you got to the former 20, 30, 40, 50, or more cigarette habit – **slowly, very slowly**. You are now going to reduce your daily intake of nicotine the same way - **slowly**.

Becoming tobacco free is not easy. It is one of the most difficult challenges some people ever face in life. Therefore, when you feel like celebrating, go ahead.

The day you had your last tobacco product will become an important date in your life. If asked, many people can cite it as readily as their birthday or their social security number. The date has become an important milestone in the victory over nicotine.

Soon you will reduce your daily intake of nicotine for the final time. You made the transition from tobacco by using patches; now you are going to eliminate nicotine altogether.

The day you chose to limit your source of nicotine to the nicotine patch, you took a giant step. You had to first free yourself from tobacco and then from your dependence on nicotine. Remember the only people who are not successful in their attempts to win their battle with tobacco are the ones who stop making an attempt. Please remember also, each unsuccessful "attempt" to stop increases the likelihood that the next attempt will result in success.

It is one thing to no longer be using tobacco, it is quite another to purge the mind of all the pleasant memories of tobacco. Several times you have found yourself thinking how nice it would be to have a cigarette/chew/dip. Your need at this point is more mental or emotional than physical. Your craving will turn into yearning. Yearning is a wistful sort of feeling that speaks to you, but you can resist. ***You think about tobacco but you are too smart to throw all your effort down the tubes.***

The second stage of not thinking about tobacco comes about more slowly. Most non-users report that about one year after quitting they no longer think about tobacco. The phenomenon resembles the adjustment an individual makes after suffering the loss of a loved one. You must go through every "special occasion" without your special friend-tobacco. The speed with which thoughts about tobacco go away relate to how dependent you were on nicotine and how many aspects of your life rotated around nicotine. Remember stopping the tobacco-using behavior is much more difficult than stopping the thoughts about tobacco. If the behavior can be extinguished, you can be assured that thoughts about tobacco can be extinguished also.

On this final leg of your journey, remember to use the medications as prescribed, and do not get in a hurry. Take it a day at a time.

Those who succeed in quitting are much more likely to come to some important realizations about themselves. Successful quitters are typically highly dissatisfied with their nicotine habits and perceive themselves as being overly dependent on tobacco. The successful ex-users are more flexible and more strongly determined to quit. They make more efforts to lessen the obstacles to quitting. Successful quitters are more willing to tolerate discomfort, and experience less discomfort while going through withdrawal.

In the process of quitting, a great deal of energy and attention is released and is thus available for use elsewhere. Plan where you wish to invest it: in friends, family, a

regular exercise program, a new project, or meditative practices that will bring a new peace in your life.

Giving up tobacco is one thing. Remaining a non-user for the rest of your life requires even more special effort on your part. We urge you to do ***whatever is necessary to retain your current tobacco free status***. You have made a major decision. You acknowledged a habit that ***"controlled"*** you. You looked at all the reasons you started and continued to use tobacco. You consciously determined your intention to stop using these products. You had a behavior in your life that you didn't like - tobacco use. You risked "failure" when you chose the tobacco cessation program. You gained freedom when you successfully completed the program.

You have mastered a very difficult challenge: you have removed an addictive drug from your life. You should feel a sense of great pride that nicotine no longer controls you. Something equally significant has occurred. In the process of gaining control of your tobacco problem, you have learned two major principals.

1. Success is nothing more than a plan that is adhered to.

2. A major problem can be solved when set into a series of small problems.

You are going to make it. The discomfort you feel is your body, rebuilding itself. You have skills possessed only by winners! Congratulations on your victory over nicotine and tobacco. The most significant aspect of this tobacco cessation program is this:

**Nobody did it for you –
You did it for yourself!**

Follow Up

Tobacco Cessation Support Group

When: _____

Where: _____

POC: _____

Medication Follow Up:

Other Follow Up:
