

# Getting Ready to Get Ready to Quit Smoking

## A SELF-ASSESSMENT GUIDE

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used.

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94059 (rev. 4-06)





Nearly everyone old enough to read knows the health hazards of smoking. Why, then, don't the 75 percent of people who smoke who say they want to quit, give up the habit?

### **Fear of Failing**

"I tried quitting smoking before. . . and started smoking again." Most people try to quit smoking several times before they finally succeed. They may not realize that each attempt gives them new information about what works and what does not work. You can use what you learned in your past experiences in your current effort. The only way to fail is to stop trying.

### **Fear of Withdrawal**

Nicotine is an addicting drug found in cigarettes. When you do quit smoking, you will probably experience some withdrawal symptoms. These symptoms vary in kind and duration from person to person, but are usually most intense in the first 5-7 days. They gradually diminish over a few weeks. Once you are committed to taking the necessary steps to quit smoking, you can better recognize and manage sometimes uncomfortable withdrawal symptoms. It helps to think of this time as a transition period during which your body and emotions are returning to normal.

### **Fear of Inability to Cope Without Cigarettes**

"I'll feel too stressed out." Finding a way to reduce stress without cigarettes can be

**Roseville:** 916-784-5775

**Sacramento – Fair Oaks:** 916-480-6892

**Sacramento – Point West:** 916-614-4035

**San Francisco:** 415-833-3450

**San Rafael:** 415-444-2173

**Santa Clara:** 408-236-5684

**Santa Rosa:** 707-571-4167

**Santa Teresa:** 408-972-3340

**Selma:** 559-898-6030

**South Sacramento:** 916-688-2428

**South San Francisco:** 650-742-2439

**Stockton:** 209-476-3299

**Tracy:** 209-839-6130

**Union City:** 510-784-4531 (Hayward)

**Vacaville:** 707-453-5155

**Vallejo:** 707-651-2692

**Walnut Creek:** 925-295-4410





## Kaiser Permanente Northern California Health Education

**Alameda:** 510-752-6150 (Oakland Medical Center)

**Antioch – Deer Valley:** 925-813-3560

**Antioch – Delta Fair:** 925-779-5147

**Campbell:** 408-871-6463

**Clovis:** 559-324-5030

**Cupertino-Homestead:** 408-891-3800

**Daly City:** 650-301-4445

**Davis:** 530-757-4282

**Elk Grove:** 916-478-5680

**Fairfield:** 707-427-4466

**Folsom:** 916-817-5278

**Fremont:** 510-248-3455

**Fresno:** 559-448-4415

**Gilroy:** 408-848-4690

**Hayward:** 510-784-4531

**Livermore:** 925-243-2920

**Manteca:** 209-824-5070

**Martinez:** 925-372-1198

**Milpitas:** 408-945-2732

**Modesto:** 209-557-1601

**Mountain View:** 650-903-2636

**Napa:** 707-258-4490

**Novato:** 415-444-2173

**Oakhurst:** 559-448-4415 (Fresno)

**Oakland:** 510-752-6150

**Park Shadelands:** 925-906-2190

**Petaluma:** 707-765-3485

**Pleasanton:** 925-847-5172

**Rancho Cordova:** 916-631-2027

**Redwood City:** 650-299-2433

**Richmond:** 510-307-2210

an opportunity to try other ways to relax, such as walking, deep breathing, or taking a class to understand mind/body health.

“I’ll gain weight.” Only one-third of people who quit smoking gain weight. Exercising regularly and avoiding high-calorie foods (those with a lot of sugar and fat) will help you minimize weight gain.

Understanding your fears and learning new skills to overcome them are part of the process of getting ready to get ready to quit smoking.



We have to do the best we can. This is our sacred human responsibility.

Albert Einstein



## Using This Guide

This guide can help you determine how ready you are to quit smoking. Being sure you're ready to quit and taking steps to prepare yourself for becoming a nonsmoker will give you the best chance at success.

### Why the focus on readiness?

To quit smoking, you must do more than acknowledge that cigarettes are harmful.

You must believe that smoking is an important problem. You must believe that smoking will affect you personally. You must believe you will benefit from quitting. And, finally, you must believe you're capable of quitting. More than 36 million Americans have quit smoking. You can too.

Your confidence in your ability to quit is a more powerful and lasting force than outside pressure. Beginning with small steps and developing new skills can build your confidence and make it easier to quit when the time is right.

Successful quitting takes. . .

- ✓ learning about the smoking habit
- ✓ learning new ways to relax and reduce stress
- ✓ making a commitment
- ✓ developing confidence
- ✓ choosing the right time

## Phone Services:

- California Smokers' Helpline at 1-800-662-8887. Counselors are available to assess your readiness to quit. They can give you self-help materials and enroll you in the telephone program. Assistance is available in Spanish and other languages. There is no fee for this service. It is a Kaiser Permanente-approved smoking cessation program.
- Nicotine Anonymous: 1-800-642-0666.

## Classes:

To locate a smoking-cessation class near you, contact your local Kaiser Permanente Health Education Center or Department for a course catalog or visit [kp.org/quitsmoking](http://kp.org/quitsmoking). Health Education offers a variety of other classes as well.

## Online options and programs:

- Visit [kp.org/healthyliving](http://kp.org/healthyliving) for an array of tools, classes, and resources, including health and drug encyclopedias, message boards, and personalized, online healthy lifestyle programs for smoking cessation, weight management, stress management, and physical activity.
- Nicotine Anonymous is a non-profit 12 - Step program for people helping each other live nicotine-free lives at [nicotine-anonymous.org](http://nicotine-anonymous.org).
- Operated in association with Boston University's School of Public Health, [quitnet.com](http://quitnet.com) is a free web site offering tips, tools, and an online community that can help you quit.

## Community Resources:

Local chapters of the American Lung Association, American Cancer Society, or the American Heart Association also have written materials, self-help smoking cessation guides, ongoing classes, and helpful online programs.



## Resources

Check out the range of resources below to choose a tool or program that would best suit your preferences and lifestyle. Whether you prefer a publication, in-person or telephone help, a class, or an online program, consider using smoking cessation aids, such as the nicotine patch or bupropion SF (Wellbutrin®, Zyban®) when you do quit smoking. A conversation with your doctor can help you decide if smoking cessation aids are right for you.

You can also ask your doctor about meeting individually with a Clinical Health Educator to help you develop a quitting plan. When you participate in an approved class or counseling program, you are eligible to receive smoking cessation medications at your drug benefit co-pay from your Kaiser Permanente pharmacy (with a prescription from your doctor).

## Publications to Read:

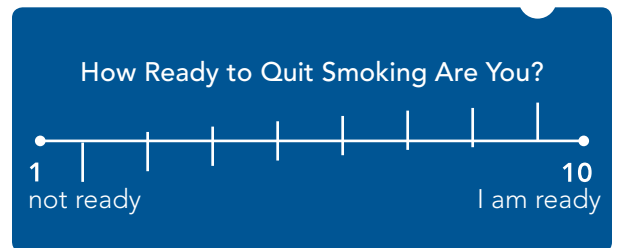
- A booklet to help you quit on your own: ***Clearing the Air – A Guide to Quitting Smoking***. Contact your Kaiser Permanente Health Education Center or Department for a free copy.
- **Quit and Stay Quit**, by T. Rustin, MD, 1994, Hazelden, \$14.95.
- **Keep Quit**, by T. Rustin, MD, 1996, Hazelden, \$14.95.
- **How to Quit Smoking and Not Gain Weight Cookbook**, by M. Donkersloot, RD, and L. Hyder Ferry, MD, MPH, 1999, Three Rivers Press, \$14.95.

## Getting Ready to Quit—Readiness

Let's look more closely at the key ingredients of successfully quitting smoking.

### Developing confidence

How confident are you that you're ready to quit smoking now? On a scale of 1 to 10 (where 10 is "absolutely positive, I am ready" and 1 is "I am not ready"), where are you? If you answered 5 or less, perhaps now isn't the best time after all.



Look back on your previous attempts to quit smoking. You can learn from those experiences as you get ready to quit now. How long were you able to quit? What helped you succeed? What tripped you up? What can you do differently this time?

### Making a commitment to a major change

Becoming a nonsmoker is a process that can mean making dramatic personal changes. For example, as a nonsmoker you must learn how to deal with stressful situations without cigarettes. You may decide to spend time in places where smoking does not occur. You may have to change what you do with friends. Are you ready to make becoming a nonsmoker a priority in your life?

Notes: \_\_\_\_\_

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## Focus on the positive

While giving up smoking means giving up something, it also means gaining a lot. Ask yourself what you like about smoking. What do you dislike about smoking? What do you have to look forward to after you quit? Gaining confidence? Control? Having more energy, money, improved health? Focusing on positive gains can increase your readiness.

## Timing

People can often sense when the time is right to make a major change. If you are faced with a lot of problems and worries, now may not be the best time to quit. Review the following areas in your life. What major changes are going on right now?

- job
- relationships
- major losses
- home
- problems with other addictions—e.g., alcohol or drugs. Get help for any other addictions before you try to quit smoking.

## For People Ready to Quit Smoking

You may have evaluated your readiness to quit smoking and decided you are ready.

You may see yourself at Stage 4 - 6.

Suggestions for Stages 1 - 3 are still appropriate for you. A good next step as you move into Stage 4 — making a firm commitment to quit — would be to practice seeing yourself as a nonsmoker.\*

### Several times each day:

Think of yourself as a nonsmoker. Use the “Good Reasons” below to develop a clear image of yourself as a nonsmoker. Close your eyes. Imagine how you will look, feel, smell, and taste as a nonsmoker.

- You'll have fewer colds.
- Your shortness of breath and cough will decrease.
- You'll have more spending money.
- You'll have more energy and stamina.
- You and your house, hair, clothes, breath, and car will smell better.
- You'll look better and healthier.
- You'll have a new sense of control over your life.

\*Adapted with permission from *Pathways to Health*, D. Kemper, J. Giuffre, G., Drabinski, Boise, Idaho; Healthwise, Inc., 1985.

- Increase your physical activity. Decide to eat less fat, more fruits and vegetables, and avoid food additives. Try practicing one stress-reducing activity on a daily basis: schedule quiet time, learn deep relaxation techniques, sign up for a stress management class, listen to a relaxation tape.
- Tell one close friend that you are exploring healthier alternatives to smoking.
- When you feel an urge for a cigarette, wait one minute before lighting up. Experience the urge fully and think of other ways you might respond to it.
- Begin to reward yourself for becoming more aware of your smoking patterns and for learning about healthy alternatives.

### **3** Stage Three

You have decided to take some steps to modify your smoking risk (switching brands, cutting down, getting more exercise, taking vitamins, etc.).

- Begin by keeping a smoking journal in which you write down your thoughts about smoking.
- Become aware of times when you find yourself smoking more or less than usual.
- Begin collecting and trying new stress reduction techniques.
- Adopt a healthful new activity that is incompatible with smoking (such as swimming, going to concerts, joining a singing group).
- Switch to a brand you like less.
- Reward yourself for every step you take to reduce your smoking and improve your health.

## Getting Ready to Get Ready

What does the process of quitting smoking look like? In the *Smoker's Book of Health*, Dr. Tom Ferguson describes the **TEN STAGES OF QUITTING**.\*

People tend to think of quitting smoking as a huge, insurmountable obstacle. It's more realistic — and more useful — to think of it as a gradual, step-by-step process that may last for months or even years. Here is what you could expect along the way:

### **1** Stage One

You are concerned about your health and effects of smoking. You wonder if you should quit or cut down.

### **2** Stage Two

You decide that you will seek additional information about smoking and quitting and begin actively to explore your alternatives.

### **3** Stage Three

You decide to take some steps to modify your smoking level and/or overall health status — switching brands, cutting down, getting more exercise, taking vitamins, managing stressful situations more effectively, paying more attention to your bonds with friends and family, etc.

### **4** Stage Four

You make a firm commitment to quit but do not specify a quitting date.

### **5** Stage Five

You set a quitting date and make a firm commitment to quit on that date.

\*From: *The Smoker's Book of Health* (p.125) Tom Ferguson, M.D., NY: G.P. Putnam's Sons, 1987

## **6** Stage Six

You smoke your last cigarette and go without smoking for 24 hours.

## **7** Stage Seven

You complete your first week as a nonsmoker.

## **8** Stage Eight

You complete your first month as a nonsmoker.

## **9** Stage Nine

You complete your first three months as a nonsmoker.

## **10** Stage Ten

You complete your first year as a nonsmoker.

What stage are you in? \_\_\_\_\_

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You may already have come a good part of the way toward your goal. Reading this guide suggests that you have already reached at least stage two of the quitting process.

It is important for those who wish to quit smoking to realize that during stages 1 - 5, they may find themselves feeling very confused about what to do. Studies show that during this period, a persons positive feelings about smoking do not disappear, although negative feelings increase considerably. It is only after quitting that this internal conflict begins to ease. New nonsmokers gradually lose their positive feelings about cigarettes and the conflict diminishes.

## For People Not Yet Ready to Quit

After reviewing the key ingredients in successfully quitting smoking—your confidence, commitment, gains and losses, and timing—you may have decided that you're not yet ready to quit. In the Ten Stages of Quitting, you may be somewhere in Stages 1, 2, or 3.

Here are suggested activities for each stage — healthy steps you can take to smoke less.\*

### **1** Stage One

You are concerned about your health.

- Pay attention to the role smoking plays in your life.
- Seek out opportunities to talk about smoking with others.
- Observe the ways nonsmokers respond to situations to which you respond by smoking.
- Observe other people who smoke carefully, paying special attention to the negative aspects of the habit.
- Smoke in front of a mirror, watching yourself closely from the first puff to the last. What exactly is it that goes on when you smoke a cigarette?

### **2** Stage Two

You have decided that you will seek information about healthier alternatives.

- Read through one of the books in this booklet's resource section, marking sections that seem especially useful to you and making notes in the blank pages at the back of the book or in a separate notebook.
- Seek out friends who have recently quit smoking. Ask them to describe how they did it.

\*From: *The Smoker's Book of Health* (p.145) Tom Ferguson, M.D., NY: G.P. Putnam's Sons, 1987