



## Your quit date

**When you stop smoking, it's really important to have a clear plan of action. If you know what you are going to do from the beginning, you are less likely to get caught out.**

In the last section, we talked about methods you can use to quit. Now let's talk about when and how you're going to do it.

### Susan's story

“ It was one of the biggest decisions of my life, especially because two years after I'd stopped I was allowed to have a gastric bypass which would have been too risky if I was still smoking. I've lost eight stone and feeling healthier has helped me to exercise properly and lose more weight. I do more walking and climb hills I would never have managed before. We've even saved money on our home and life insurance now I'm a non-smoker! ”

My quit date is: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



I have chosen it because:

.....  
.....  
.....

The people who are going to support me are:

.....  
.....  
.....

My emergency 'phone a friend' numbers are:

.....  
.....  
.....

I am going to tackle my withdrawal symptoms by:

.....  
.....  
.....

If I get tempted to smoke I will distract myself by:

.....  
.....  
.....

These are the rewards or treats I will give myself

After 1 day

.....

After 1 week

.....

After 1 month

.....

After 3 months

.....

At my 1 year anniversary

.....

I will respond to the urge to smoke by telling myself:

.....  
.....  
.....

**Fast fact**



**Saying NO to cigarettes**

During the first week you will be aware of your decision to stop smoking on almost an hour-by-hour basis. This takes willpower. It is really important to recognise that, even if you have 'just one' cigarette, this feeds the nicotine addiction and within a few hours you will be back in the same place, except that this time you will be smoking. You have set a goal to stop smoking. You can do it. In the days ahead it will get easier, but if you give in at this stage, you will have to go right back to the beginning and start again.

# The stop-smoking contract

You can adapt this contract if you use a different form of smoking to cigarettes.

I (add name) \_\_\_\_\_  
have decided to stop smoking.

## I am going to commit myself to the following actions

I will stop smoking on \_\_\_\_ / \_\_\_\_ / \_\_\_\_

- After this date, I will never accept another cigarette.
- I will tell my family, friends and work colleagues of my decision.
- After stopping, I will never buy another cigarette.

Signed \_\_\_\_\_

Witnessed by \_\_\_\_\_

Witnessed by \_\_\_\_\_

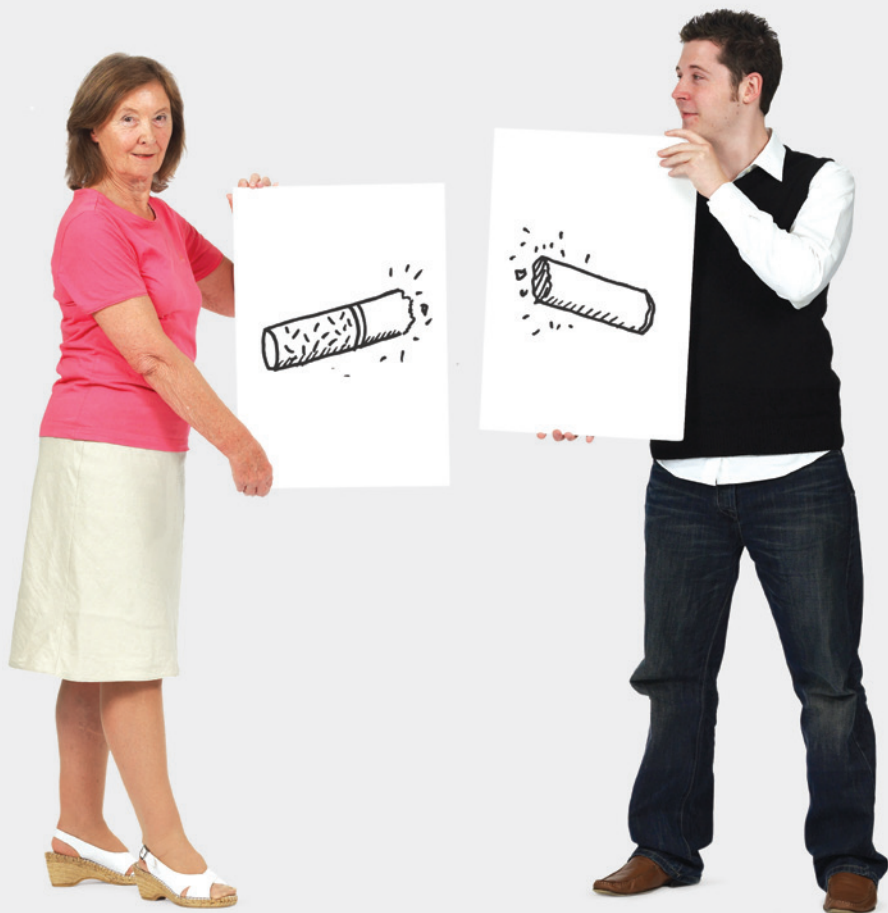
Witnessed by \_\_\_\_\_



CUT OUT THE CONTRACT  
AND POP IT ON YOUR FRIDGE  
SO PEOPLE CAN REMIND YOU

GOOD LUCK





## Practical preparation



**Here are some actions you can take in the days before your quit date. Tick them off as you do them.**

### The week before your quit date

- Plan to keep your quit day as stress-free as you can make it.
- Talk to an ex-smoker. Find out how they stopped. If they did it so can you.
- Talk to a friend or family member about stopping. Explain how important it is to you.
- Find a friend or relative who also wants to quit and support each other.
- Identify any situations that are likely to tempt you and think about how you can avoid them.

### The day before your quit date

- Throw away any cigarettes, chewing tobacco or loose tobacco near you.
- Get rid of all 'smoke reminders' such as ashtrays and lighters.
- Remind friends and family that you are going to stop.
- Decide what you will do immediately if you light up or if you are tempted to light up.