

# The Quit Smoking Workbook

Becoming and staying smoke-free



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## Did you know ...

- that quitting smoking has positive effects at **every** age?
- that tobacco-smoke contains over 300 poisonous and 90 carcinogenic substances?
- that it is significantly more probable that you will successfully quit smoking with professional help?
- that you can successfully quit smoking even after several unsuccessful attempts?

# How to use this workbook

You're thinking about whether you should quit smoking? Imagine for one moment what your smoke-free life would look like: How would it feel to finally be able to breathe deeply again, and to feel physically fit and non-dependent? How could you use the time that you have now gained? And what would you spend all that saved money on? Your life will be changed once you quit smoking. Through reading this smoke-free workbook you are taking the first step. With this workbook we want to provide you with important information and tips to quit smoking. We want to accompany you on your journey towards a life without nicotine.

Maybe you think that now is not the right time to quit smoking. Maybe you are apprehensive and think that this will be too hard because smoking helps you handle stress, builds your confidence, and because many people around you also smoke. Despite these challenges, thousands of people in Germany stop smoking every year. **You can become one of them!**

Potentially you have already tried to quit smoking several times without avail and have therefore lost hope. But did you know that people succeed in becoming nicotine-free even after several failed attempts to quit?

In the first part of this workbook we will explain how you can plan your smoke-free life. In the second part we dedicate our efforts towards concrete measures to prepare you for a smoke-free life.

This workbook should support you in becoming and staying smoke-free.

# Did you know ...

that the chances of a healthier and longer life are significantly increased if you choose a smoke-free life? As soon as your body becomes smoke-free, your health ameliorates within 20 minutes. After all that time that smoking has damaged your body the self-healing process begins all on its own:

<b>20 minutes</b>	Your blood pressure and pulse normalises itself. Blood circulation recovers – particularly in your hands and feet.
<b>8 hours</b>	The oxygen saturation in your blood increases and organs become better supplied. The risk of a heart attack decreases.
<b>24 hours</b>	The carbon monoxide leaves your body. Your lungs get rid of mucus and contaminants in your lungs.
<b>48 hours</b>	Congratulations! The nicotine in your body has now been eliminated – your body is now smoke-free. Have you already noticed that your taste and smell has improved?
<b>72 hours</b>	Your breathing has improved. You now have more energy.
<b>2–12 weeks</b>	The blood circulation in your entire body has now been stabilised. Physical activities and sports have now become much easier.
<b>3–9 months</b>	Your breathing is recovering: You can now say your goodbyes to breathlessness and a smoker's cough.
<b>5 years</b>	Compared to smokers your risk of experiencing a heart attack or various cancers has been cut in half.
<b>10 years</b>	Compared to smokers your risk of lung cancer has been cut in half. Your risk of a heart attack is now the same as somebody who has never been a smoker.

## Becoming and staying smoke-free:



# PART 1

## Planning

Normally an attempt to quit smoking is particularly successful if it has been planned. In the first part of this workbook we will support you with this task. Planning is the first step towards a smoke-free life. This phase can start at any time! All you need is a pen with which you can record your thoughts. According to experience it is important to record your plan in writing, as it thereby becomes more binding. You can also refer to it more easily later on. The point of this part of the workbook is that you seriously think about quitting smoking, and that you decide on some practical steps. Which support can you engage with? Why are you actually smoking? And what points towards quitting?

### 1 Where can you find support?

- With this smoke-free workbook you have already found an important companion on your journey to a smoke-free life.
- Contact your doctor or health insurance. They will surely be able to provide advice.
- Let your pharmacist advise you on the topic of quitting smoking.
- Inform yourself online. For example you can find help at [www.rauchfrei-info.de](http://www.rauchfrei-info.de)
- Talk to family and friends. Maybe they can support you during your journey.



Here you can note who can support you:

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## 2 How does smoking affect your body?

We will now explain what happens to your body when you smoke. Tobacco entails over 300 poisonous and 90 carcinogenic components that damage your body. Nicotine is a substance in tobacco that the human body becomes particularly dependent upon. Being physically dependent means, for example: You understand the damaging consequences on your body and on those who surround you, but you cannot manage to quit. With time, you will most probably want to smoke more and more cigarettes. You have physical withdrawal symptoms when you try to stop smoking.

### **What happens to your body when you smoke?**

Through the combustion of tobacco carbon monoxide is formed, which you breathe in. The carbon monoxide blocks the red blood cells which therefore transport less oxygen to all the cells in your body. Therefore, your body is supplied with less oxygen and tries to compensate for this shortage by increasing your blood pressure and pulse. Many people thus feel 'better' when they are smoking or when they have just smoked, because the blood pressure and pulse are slightly elevated. This stimulated feeling is deceptive: The body is trying to compensate for the lack of oxygen and is under stress. By breathing in the smoke, nicotine can also directly affect the nervous system and thus enhances the dispersal of two second messengers.

One second messenger is called **Noradrenalin**. Noradrenalin is also called the 'stress hormone' because it is normally released in threatening situations. It transforms the body into a state of emergency, thereby helping it to act quickly, to fight, or to flee. As nicotine increases noradrenaline levels, many people feel awake and attentive when they are smoking or when they have just smoked. This means that every time you smoke, your body thinks it is in a stress situation. The other second messenger that is released at higher levels is **dopamine**. Dopamine is also called the 'happy hormone' because it is usually released in pleasant situations. Many people therefore feel satisfied when they are smoking or shortly after they have smoked, as nicotine increases dopamine levels in the blood.

In addition, many people have the feeling that they are more relaxed after having smoked. This relaxed feeling arises because you have supplied your body with nicotine: You have given into your cravings. In other words, you are in a vicious circle of your dependence: If your cravings are high, you smoke. Thereby your cravings decrease, which is relaxing in itself. Additionally, dopamine (i. e. the happy hormone) is released, and the body learns that smoking induces the feeling of happiness. When your nicotine levels decrease again, your cravings increase ...

There are many reasons to stop smoking. You can not only expect positive effects on your physical health, but also on your psychological wellbeing. Maybe your health is on the forefront of your mind, or you want to become fitter and more able-bodied. Or, you are experiencing problems in your day-to-day life, or conflicts with relatives because you smoke. Some people are sick of spending so much money on cigarettes. The questionnaires on the following pages will support you in your decision to quit smoking.

## 3

## How strong is your dependence?

Do the Fagerström-Test!

1. After waking up, when do you smoke your first cigarette?
  - After 5 minutes (3 points)
  - After 6–30 minutes (2 points)
  - After 31–60 minutes (1 point)
  - After more than 60 minutes (0 points)
2. Do you find it difficult not to smoke in settings that do not permit smoking?
  - Yes (1 point)
  - No (0 points)
3. Which cigarette would you want to give up the least?
  - My first morning cigarette (1 point)
  - Others (0 points)
4. How many cigarettes do you smoke on a daily basis?
  - 31 or more (3 points)
  - 21–30 (2 points)
  - 11–20 (1 point)
  - Up to 10 (0 points)
5. Do you generally smoke more cigarettes in the morning compared to the rest of the day?
  - Yes (1 point)
  - No (0 points)
6. Do you sometimes smoke when you are ill and have to stay in bed all day?
  - Yes (1 point)
  - No (0 points)

## Evaluation

The following overall score can give you a reliable estimation of the strength of your dependence.

- 0–2 points  
Points towards a mild physical dependence.
- 3–4 points  
Points towards a moderate physical dependence.
- 5–6 points  
Points towards a strong physical dependence.
- 7–10 points  
Points towards a very strong dependence.

(Fagerström, 2012)

## 4 How much money do you spend on smoking?

Estimate the costs of your smoking habit. Often people notice that they spend more money on smoking than they thought. Please adapt your calculation if you use loose tobacco.

How many cigarettes do you smoke a day? \_\_\_\_\_

How many cigarettes do you smoke a week? \_\_\_\_\_

How much money do you spend on smoking in a week? \_\_\_\_\_ €

Multiply by 52!

↓

How much money do you spend on smoking per year? \_\_\_\_\_ €

How much would you be spending within three years? \_\_\_\_\_ €

How much would you be spending within five years? \_\_\_\_\_ €

How much would you be spending within ten years? \_\_\_\_\_ €

How could you otherwise spend the money you saved from not smoking? Delicious food? A pair of shoes? A pleasant evening at the cinema or in a restaurant? A short holiday? A nice flat? Note down your ideas:

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## 5 Which health-related factors are important to you?

World-wide smoking is the largest cause for preventable diseases. But good news: If you stop smoking your risk for all these diseases is significantly diminished. Maybe not all health risks are of equal importance to you. Tick the risks that are most important to you personally:

Short-term risks

- Shortness of breath and coughing
- Deteriorated physical performance
- Elevated heart frequency
- Elevated blood pressure

Medium-term and long-term risks

- Elevated susceptibility to infection
- Chronic respiratory problems (chronic bronchitis and emphysema)
- Elevated risk of heart attack or stroke
- Circulatory disorder e.g. in the eyes, hands, feet, or kidneys
- Skin problems
- Lung cancer and other cancers (larynx, buccal cavity, throat, oesophagus, pancreas, bladder, uterus, Leukaemia)
- Erectile dysfunction and impotence
- Infertility
- Damage to teeth and gums, loss of teeth
- Intolerance of medication e. g. changed effectiveness

Risks for people in your surroundings

- Impairment of their well-being
- Increased susceptibility to infection
- Illness of respiratory tracts
- Cardiovascular diseases
- Lung cancer and other types of cancer
- Increased risk of sudden infant death syndrome

## 6

### **Pros and Cons of smoking**

Most smokers have already contemplated quitting at least once. What are the pros and cons of smoking? On the following page you can make some notes.

Reasons to smoke:

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Reasons for a smoke-free life:

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Can you remember why you started to smoke in the first place?

- To seem more mature
- To be cool
- Because others smoked
- To be accepted
- Out of interest
- As an instrument to reduce stress
- Because I felt like it
- Out of insecurity
- To do something prohibited
- Other reasons:

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Which of these reasons are still current:

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Take a moment to think about whether the reasons that led you to start smoking are still important enough to continue smoking now. Make some notes about your thoughts below:

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### Why are you actually still smoking?

Smoking quickly becomes a habit, or even a compulsion. Usually there are particular situations that lead people to grab a cigarette. It is helpful to notice these situations, so you can better circumvent them.

### In which situations is your craving for cigarettes strongest?

- After I wake up
- When I'm drinking coffee
- When I'm on the phone
- When I'm watching TV
- After a meal
- During my work break
- With family or friends
- When I'm reading the news
- When I'm in a bad mood
- When I feel stressed
- When I'm driving the car
- When I'm in a good mood
- When I'm relaxed
- When I'm going for a walk
- When I drink alcohol
- After sex
- At parties or celebrations



Other Situations:

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Flick through the last few pages again and think about what you have written for a moment. What is really important to you? Which reasons have you chosen as the most important ones to finally quit smoking?

**Your five most important reasons to quit smoking:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## PART 2

# Preparation

This is where we start deciding on concrete steps towards your smoke-free life. You have given it a lot of thought, but now is the time to plan the big event. It will be worth it! Take a look at a typical smoking day and record your rituals.

### 1 Daily plan

For an entire day note down at what time and in which situations you have smoked.

Time	Situation	Craving to smoke (1 – mild; 10 – severe)

Compare your daily plan with the list on page 16. Did you add additional situations? Have a think about when your craving to smoke was particularly strong and highlight that situation by underlining or circling it. This will help you with further preparations.

## 2 How to handle difficult situations

There will always be crucial situations in which the risk of relapse is particularly high. Prepare yourself for this by thinking about what would do you good. Here are a few suggestions how you could handle difficult situations. You can use these when your craving for cigarettes is particularly strong.

- Occupy yourself
- Think about something else
- Go for a walk
- Take a few deep breaths
- Use a relaxation technique or mindfulness activity (see page 21)
- Chew gum
- Sing a song
- Wash your hands
- Brush your teeth
- Listen to music
- Go into a different room
- Drink a glass of water or suck on an ice cube
- Talk to somebody
- Read through your reasons to quit smoking
- Nicotine Replacement Treatment (see page 22)

You may have some additional idea. Record them here:

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To overcome exertion and stress you should respect yourself and treat yourself on a regular basis. This should become part of your everyday routine. What could you treat yourself with?

- A relaxing bath
- Go to a nice café
- Read a good book
- Go for a hike or for a bike ride
- Meet up with a nice person
- Listen to an audio book
- Do some exercise
- Talk to somebody
- Go to a restaurant
- Take a trip
- Drink some tea in peace at home
- Work with your hands: knit, handicraft work, complete a puzzle, garden, cook

You may have additional good ideas. Record them here:

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## 3 Relaxation activities

We have noted two very easy activities here, that have helped many people to handle situations in which their cravings were particularly strong. Experience suggests that cravings subside after a few minutes.

### Activity 1: An easy spontaneous relaxing activity

Sit down on a chair and take a comfortable position. Inhale very slowly and deeply through your nose. Try to relax as well as you can while you are doing this. First, count to five slowly while you breathe in. Little by little try to expand this time to eight. Hold your breath and think: 'I am very calm. Exhale very slowly through your mouth and count to five and later eight. Repeat the order: 'Inhale – hold your breath – exhale - ...' until you feel calm, though at least five times consecutively.

### Activity 2: Walk with care

Look for a calm place where you can walk around a little. Take a relaxed and loose posture. First concentrate on the soles of your feet and start noticing the contact between your feet and the ground. Lightly bend your knees, and transfer your body weight to one and then the other side. Lightly lift one foot and position it in front of the other. Concentrate on how the contact between your feet and the ground feels – your heel, the sole of your foot, your leg. If your mind starts to wander, that's nothing to worry about. Be kind to yourself and just notice it. Just gently try to steer your attention back to your feet. Walk up and down a few times and end the activity when you feel like it.

## 4 Nicotine Replacement Therapy

Many people perceive the first nicotine-free week after quitting smoking as the biggest challenge, because the body has to overcome the physical withdrawal symptoms. Nicotine Replacement Therapy (NRT) can help with this transition. There are various different NRT products. Their efficacy has been scientifically proven. Using NRT increases the chances that your quit-attempt will truly be successful. The NRT does not entail all the dangerous poisonous elements that tobacco does. Furthermore, NRT is not carcinogenic.

Nicotine Replacement Therapy	Application
Chewing Gum	Chew the chewing gum very slowly until the minty taste is released. Then simply leave it in the side of your mouth for a few minutes to function. The nicotine will be absorbed through your oral mucosa.
Patches	Patches are particularly helpful for many smokers. Usually they are worn during the day (16 hours) or all day and night (24 hours). Normally patches are applied to the upper arm where there is less hair, clothes don't rub, and one doesn't sweat a lot. You should be able to reach this area easily. Please change the position of the patches on your arm every day to prevent irritation of the skin.
Lozenges	Lozenges simply dissolve in your mouth. They slowly release nicotine and dissolve within 20–30 minutes. Do not chew!

### Helpful medication:

These days there is also medication (Bupropion, Vareniclin) that has been scientifically proven to effectively help when you quit smoking. They necessitate a prescription. Discuss with your doctor whether medical aides may be suitable for you, and which risks and side effects they may bring about.

## 5 Deciding on a Date

Let's get precise! What day will your smoke-free life start? It's best if you choose an exact date – preferably within the next ten days.

Record your 'Quit-Smoking' date here:

### My 'Quit-Smoking' date:

Day

Month

Year

Maybe you are thinking about when the best time would be to quit smoking. Should you really dare to take this step in a time of pressure? Of course it would be best if you chose a relatively stress-free time. However, we would like to encourage you not to choose an undefined point in the future, but instead a point in time in the near future. Remember, non-smokers can generally deal with stress and pressure much better than smokers can.

The fact that you are reading these lines is the first sign that you have taken the first important steps towards a smoke-free life. You can also quit smoking when you are suffering from illness, or in a hospital setting. Indeed, that way you can make use of professional support. By the way, pregnancy is an especially important reason to quit smoking.

### **Important!**

If you regularly take medication you should absolutely let your General Practitioner/doctor know, and honestly tell him/her how much you smoke. **Smoking can alter the metabolism of many pharmaceutical products.** This applies particularly to medication that acts on the nervous system or cardiovascular system. Therefore, the dosage may need to be adapted. Please note that alcohol and coffee can also have different effects when smoking habits change.

## **6 Before you quit smoking, you should ...**

### **To prepare:**

- Utilise support (see Page 8)
- Inform your General Practitioner/doctor (see the 'Important' box above)
- Get Nicotine Replacement Treatment at your pharmacy (see page 22)
- Make an appointment with your dentist to thoroughly clean your teeth after you have quit smoking.
- Say goodbye to smoking by writing a goodbye letter.
- Come up with a slogan for your own smoke-free life.
- Plan something especially nice for your first smoke-free day to always remember the first step of your new stage of life.



**Directly before you start:**

- Get rid of cigarettes, tobacco, ashtrays, matches, and lighters
- Try not to drink any alcohol
- Use a new toothbrush
- Freshly make your bed
- Air your flat/house and renovate
- Wash the clothes you usually wear whilst smoking: jackets, jumpers, ...

**7****The Goodbye Letter**

When you quit smoking you are giving up a habit that has accompanied you for a long time. For many people it is helpful to intentionally bid their farewells. Before the date where you will quit smoking take a piece of paper and write a goodbye-letter to your cigarettes. What did you value about them? What was disturbing? And what will you most definitely not miss?

A letter could look something like this:

Dear Cigarette,

You accompanied me for a long time. With this letter I would like to bid you farewell. I used to find it exciting to do something forbidden. I no longer wanted to be a child, and wanted to seem cool and grown up. I have experienced some nice moments with you in my hand, and have met interesting people. But by now I know that you are no positive influence on my life. I feel groggy all the time, and catch colds often. And even if I'd thus like to stay in bed you give me no peace. Regardless of whether I want it or not, you are always on my case. I do not want to live like this. On my Quit-Date my life without you shall finally begin. And it will be a better life. See you never, dear cigarette!

Your A.

Dear fag,

If anyone were to ask me what the most embarrassing moment in my life has been, then the moment where my son caught me smoking would most definitely come to mind. Meanwhile he can read, and has read to me out loud: Smoking can kill you. Recently he nearly started crying when he looked at a cigarette packet showing a smoker's leg. He asked me: Will you get this ill too? I promised him that I would quit smoking. After this uncomfortable evening I nearly lit another fag – that is over now, forever! I want to stay healthy for my son and be there for him as a good example. I don't want to be wheezing while we play football like an old person. I will quit smoking!!!!

Bye! Your W.

Hello Ciggie,

Recently in the evening with my mates we calculated how much each of us spent on cigarettes in the last 10 years. I could hardly believe it: approximately one pack a day, for about 10 years (with short breaks) – 15000 Euros that I basically threw out the window. At the same time I was always so stingy and abstained from going to the cinema or on short trips to the sea. No wonder that I never managed to go on my dream trip! How could I let this happen? I have to admit: I'm addicted to you. You are ruining me. That's why it's over now. I want to do other things with my money and be free. This time I'm going to pull through. H. will join too, and we have already planned to go on a trip together with part of the money we will have saved by Christmas. Wish me the best, L.

Hello Cig,

At first I thought it was weird when my colleague joined us for our well-deserved break and didn't smoke. But then she confidently said: 'I have decided to stop smoking.' She brought something to drink from upstairs and just stood there and chatted with us. Nobody made any stupid comments. I noticed that for me, this reinforced that I should finally stop smoking too: My fear to be excluded seems uncalled-for. Breaks, without stinking of smoke afterwards and without having to suck on something or chew gum to overpower the smell – indeed, I will succeed!

Your K.

## Your Smoke-Free Slogan:

Some people find it helpful to think of a slogan that will motivate their smoke-free lifestyle. Such a slogan could be: 'Everything will be easier ...', 'I'm finally free to ...', 'My health is important to me!', 'I will do everything I can that I continue feeling well!'

What is your slogan? Write it down below:

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## PART 3

# Getting started

You chose your Quit-Date and now it has arrived. Well done! Through your diligent preparation you have created the right conditions to successfully become and remain smoke-free. In this part of the workbook we would like to accompany and support you during the first day after your quit-date.

# 1

## The 7 'D's

The 7 Ds will help you when you have strong cravings for cigarettes, or when you are among other smokers.

**Delay!** "Even if the craving for a cigarette is driving me mad – I will not smoke this cigarette right now!"

Even if you feel overwhelmed by the nicotine craving, your mental state will not become damaged. In the contrary: Every time you withstand the cravings you will become more confident and more assured.

**Dodge (Avoid)!** Maybe it is helpful if you stay away from other smokers for a bit. Make yourself comfortable at home, go to a restaurant instead of a bar, sweat it out at the gym rather than at the club. To evade difficult situations for a while can make the quitting process easier. However, sometimes it can be helpful to face such situations. The experience of not having to smoke when in the company of smokers can empower your resolution and be motivating. And if you do feel like you are starting to get into difficulties you can still ...

**Depart!** If you realise that a situation is not helping in your quitting process, because it is uncomfortable or stressful, it's totally okay to leave. And if you like, combine the 3rd D with the 4th:

**Distract yourself!** The craving for cigarettes is significantly reduced after 5–10 minutes. During this time you can do something pleasant, or something where you would not have smoked anyway (drink some water, eat fruit, chew gum, brush your teeth, walk up and down the stairs, ... ). Then the time interval will feel shorter.

**Discourage yourself!** Look at the pictures on cigarette packs, and think about what you are being spared.

**Decline!** Practise saying “NO!” when somebody offers you a cigarette: “No thank you, I’ve quit smoking”, “No, I don’t want one” etc.

**Do something cheerful!** Enjoy your smoke-free life: Wash your clothes and make the air smell fresh with some flowers. Take care of yourself and do something that will make you happy: go for a walk, play cards, turn up your music and sing along, play mini golf, cook, etc.

## 2

### How to handle withdrawal symptoms

In the first few days many people find it particularly difficult to deal with withdrawal symptoms. Think about it this way: withdrawal symptoms are a sign that your body is recovering from the harmful effects of your previous tobacco use. Apart from the following measures, Nicotine Replacement Therapy can also reduce your withdrawal symptoms. If you do not have any supplements yet, we recommend you to pop into a pharmacy.

Withdrawal Symptoms	Why they are happening	What you can do
Strong cravings to smoke	Your brain is missing the nicotine.	Cravings for cigarettes are strongest in the first few days and will soon be reduced. On page 19 and 20 you have already written specific ideas of how to deal with this.
Cough, dry mouth	Your lungs are getting rid of phlegm and harmful substances.	This will get better soon. Warm drinks can help.
Hunger	Your metabolism is changing. Food tastes better when you no longer smoke.	Eat fruit and vegetables and drink lots of water. Exercise regularly.
Constipation or diarrhoea	Your body needs to get used to your smoke-free life.	Fruit, vegetables, and lots of water can help here too. Exercise encourages digestion.
Problems sleeping	The nicotine is leaving your body.	Your problems sleeping should decrease after two to three weeks. Abstain from drinking coffee, regularly get fresh air, and exercise. If these problems don't lessen, get yourself the "Sleeping Workbook"..
Dizziness	Your brain is getting more oxygen than previously.	Dizziness disappears after a few days on its own.
Mood swings, poor concentration, irritability	These are symptoms of nicotine withdrawal.	Let people know what you are going through and ask them for understanding and support. Did you know that after you quit smoking your mood will gradually increase? That is something you can look forward to!

## 3

## How to overcome challenges

Sometimes it can take a while until you have gotten used to your smoke-free life, and until your new habits feel natural. If you especially used to smoke when you were stressed the following strategies may be helpful.

**Your motivation is reducing.**

Look at page 15 and 17. You have noted the reasons to stop smoking that were particularly important to you. It is normal that your motivation will be high on some days and not so high on others. You have achieved a lot already. Maybe now is the time to distract yourself (page 19) or to treat yourself to something (page 20).

**You are tempted again and again.**

Nicotine Replacement Therapy can be helpful (page 22). Have a look at page 19 and 20. Here you have already recorded how you will deal with difficult situations and stress. You have come a long way already. Remember: your cravings for cigarettes will fade more with every day.

**Your environment is unsupportive.**

On page 8 and 9 you have thought about who may help you on your way to a smoke-free life. Maybe now is the time to make an appointment with your General Practitioner, or to contact your health insurance? You could also join a group for people who are quitting tobacco.

**Difficult times are ahead.**

Choosing the right time to quit smoking is your decision. A smoke-free life not only means an amelioration of your physical but also your mental health. That way difficulties can be dealt with in a better way. Think about who can support you (page 8 and 9) and which strategies you can implement (page 19 and 20).



## PART 4

# Keep at it

Now it is time to strengthen and consolidate your new habits. You have achieved a lot and can be proud of yourself. Indeed, you have already thought of your own slogan that will motivate you to keep going (Page 28). Think about the benefits of a smoke-free life and enjoy your newly found freedom.

### 1 Reflections

What was the best experience when you quit smoking?

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Which positive changes did you notice about yourself?

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Which challenges are you yet to overcome, and how can you face them?

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## 2 Don't give up because of a slip-up

It is best to quit smoking completely. That way not only your physical health is ameliorated, but you can also expect a positive effect on your mental wellbeing.

Nevertheless, it can occur that your relapse despite all your efforts. Don't be dejected. Practise makes perfect! Even after a slip-up you can succeed in giving up smoking. Stay loyal to your decision to start a smoke-free life.

### What lead you to smoke again?

**The situation** before you smoked:

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**Thoughts** before you smoked:

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**Feelings** before you smoked:

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**Physical state** before you smoked:

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What **consequences** did this behaviour have on you?

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How could you have **behaved** instead of smoking again?

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After a relapse it is time to think about what you will do in the future. You can decide to stick to your decision and not to smoke again. Or, you can decide on a new quit-date, where you will give it another go. It is important to think about why it didn't work out this time, what difficulties you faced, and what you can do differently next time.

You can make some notes below:

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# Final words

You have succeeded and are now smoke-free? Then we would like to congratulate you. After a while, when you successfully quit smoking, people often cannot even imagine why they invested so much time, money, and energy into smoking. In the next weeks and months you can expect that your physical and mental health will improve further, and that your general wellbeing will increase.

If the smoke-free life hasn't quite worked out for you yet, you can nevertheless congratulate yourself. By working through this workbook you have achieved a lot and have taken important steps toward a healthier smoke-free life. If you have managed to reduce your cigarette consumption, that is a victory in itself. In future, when you try to quit smoking again, you can build upon the work you have achieved here. Have a think about when that may be.

Make sure to keep this workbook!  
Maybe you can make use of it again in the future.

We hope we have supported you on your journey towards a smoke-free life.



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