

# Practice Being a Non-smoker

Last week we learned what your smoking patterns and triggers were by doing Pack Charts.

This week, we will use that information to practice being a non-smoker. Here are two tips that really work.

## MESS IT UP!

## SAY "YES!"

It's time to kick your smoking habit out of its comfort zone, and "mess it up" any way and every way you can.

### Mess It Up

1. Never smoke when you get the urge. Wait five minutes.
2. Keep cigarettes out of reach so that it's inconvenient to get to them.
3. Only buy one pack at a time. Don't have a backup pack and don't buy cartons.
4. Cut down on places you smoke. Tell yourself you can no longer smoke in the kitchen, bedroom or car.
5. Switch to a different brand.
6. Don't smoke whole cigarettes. Smoke half and then put it out.
7. Inhale smaller drags.
8. Start smoking later every day.
9. Smoke fewer cigarettes every day.

Trigger	Instead of smoking I will...	Other ideas...
With coffee	Read the paper	
After meals	Do the dishes or brush my teeth	
Talking on the phone	Doodle on a piece of paper	
Driving the car	Sing along with the radio	

THE BUTT STOPS HERE