



Plan to Quit and Stay Stopped

Most smokers have “triggers” for lighting up – meeting up with friends, after a meal, coffee break at work, making a phone call ... Keeping a “smoking diary” for a couple of weeks before your quit date, of when and why you smoke, can help you understand your smoking behaviour and plan for how you’ll get over those triggers when you’ve stopped. Then when you have stopped you might use the diary to help you stay stopped, cope with cravings, and make notes about how you’re feeling and the benefits you’re enjoying.

Why not start off by putting down some facts about your smoking and why you’ve decided to stop – this might encourage you if you look back on it after you’ve quit!

I’ve been smoking since

At the moment I smoke cigarettes a day

I spend a week on cigarettes

(Use the money calculator on our website to work out how much you’ll save!)

My reasons for quitting

My quit date is

Then for a couple of weeks leading up to your quit date, keep track of when and why you smoke

Date:

Number of cigarettes today:

When did I smoke?

Why did I smoke?

How I was feeling today

Get as much help and support as you can to help you stay stopped – friends, family, work mates, your GP, practice nurse or pharmacist, local stop smoking service, quitting buddy. Have you seen the smokers’ forum on our website or tried our WeQuit Facebook app?

You could make some notes in your diary on your quit plan – think in advance of how you might cope with smoking trigger points and craving. Perhaps you’ll want to plan some treats to reward yourself for your first smoke-free day, weekend or week, and

you might need to rearrange your social life at first to avoid being with people who smoke – although you won't have to give up going to the pub now!

You might also want to arrange a fun way to spend your free time on the first few days with someone who will really support you in quitting!

- My quit day (then each day after for as long as you want to carry on)
- What I'll be doing (work outside home, work at home, social activities, study)
- Who I'll spend time with (have I told them I'm quitting? Will they be supportive?)
- Possible smoking triggers
- How I'll cope with them
- Rewards
- Notes on how the day went and how I felt

What if you do have a cigarette?

OK, you've slipped up – it's not the end of the world and no reason to abandon your quit attempt. If you got a cigarette from someone else, tell them you wish you hadn't had it and ask them to help you stay stopped in the future. If you've bought cigarettes, throw them away.

Think about why you had that cigarette and how you could have avoided smoking – then keep on with your quit plan. Perhaps you need more help that you haven't yet taken up – nicotine replacement, your local stop smoking service, a helpline ...

Even several months or years after quitting, you may still have times when you think about smoking. Don't get complacent and think you're no longer addicted so it's safe to have one or two cigarettes – after all the effort you've put into quitting, don't risk starting again!

You decide if it's time to quit!

