

# Tobacco-Free Quit Plan

Having a plan to quit smoking, or using other forms of tobacco, increases your chance of success. An effective quit plan involves identifying your triggers and methods for quitting that will work best for you. Make copies of your quit plan and put it in places where you will see it daily to remind you of your commitment to quit.

**1. Identify your readiness to quit:**

- Yes  No Am I ready to quit?
- Yes  No Am I ready to make changes in my daily life?
- Yes  No Am I ready to deal with the tough moments after I quit? (for example, withdrawal symptoms, stress and distancing myself from smoking areas)

**2. List your quit date here:** \_\_\_\_\_

**3. List your most important reasons for wanting to quit.**

It is important you identify your own reasons for wanting to quit. Make them personal enough to help keep you motivated throughout the quitting process.

My most important reasons to quit are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**4. List your triggers (things that cause you to want to smoke or use tobacco) and decide what you will do instead.**

What makes you want to smoke or use tobacco?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What can you do instead?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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5. List which methods for quitting you will use (cold turkey, nicotine replacement therapy, tapering) and how you will implement them:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6. Develop your support plan. List the people in your life who will support you as you quit tobacco. Talk with each of them about your plan and let them know how you need to be supported.

My support team includes: (names and phone numbers)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

7. Remember to treat yourself for accomplishments. List short-term and long-term rewards below.

Short-term rewards:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Long-term rewards:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

8. Determine how you will arrange your environment for success. List what you will do for the following questions.

How will I make tobacco unavailable?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

During the first few weeks of quitting, how will I limit the time I spend around tobacco?

(for example, avoid going to places or events where tobacco use is common)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How will I manage stress? (for example, use certain stress management techniques, communicate my needs, use exercise as a stress reliever, eat healthy)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Deal with a relapse as soon as possible by getting back on track and staying positive.

If you have quit using tobacco and have recently relapsed, write out a new quit plan. You may need to choose a different method for quitting, determine new strategies for dealing with your triggers, and recruit additional or different types of support.

