

Smoking Cessation Homework

Congratulations on your decision to become a non-smoker. As a former smoker myself I can honestly say that life as a non-smoker is far, far better. I know you'll enjoy it as much as I do.

- 1) On a piece of paper that will fit into the sleeve of your pack make a list of all the things that you HATE about smoking. E.g. yellow teeth, bad breath, smell, cost, cough, low energy etc. Put it in the sleeve of your pack and read it before you light up.
- 2) When you're smoking – just smoke. It's only a few minutes of your time and it is important for you to become **conscious** of exactly how cigarettes smell, taste and feel. So no driving, no talking on the phone, no working on the computer – just smoking.
- 3) Make another list of all the benefits that you'll receive as a non-smoker and put that list on the other side of your pack and read it when you're done smoking.
- 4) Get a calculator and figure out how much money you've spent on cigarettes and cigarette related illness since you **started** smoking. Then make a list of 3 things you would have rather spent that money on.
- 5) Have your last cigarette **a half hour prior** to your session and announce to yourself and to that cigarette that it is your last. E.g. "This is my last cigarette. I am now a nonsmoker and will be a nonsmoker for the rest of my life. Cigarettes you are no longer in control of me. I'm in control of me – my thoughts, my actions, my health and my money. I am a NON SMOKER!!!!"
- 6) Bring your homework and any remaining cigarettes or lighters with you when you come. You will be a non-smoker when you leave the center. Congratulations!!