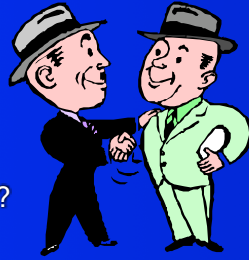


Let's Get Acquainted!

- Name
- Length of Smoking
- Size of Habit
- Why do you want to quit?

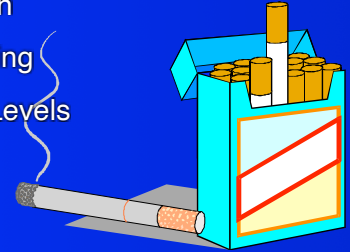


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1

Dose Response Relationship

- Number of Cigarettes per Day
- Depth of Inhalation
- Age Began Smoking
- Tar and Nicotine Levels



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When Smokers Quit

1 YEAR

Risk of coronary heart disease is half that of a smoker

1-9 MONTHS

• Coughing, sinus congestion, fatigue, shortness of breath decrease

• Cilia regrow in lungs

2 WKS. TO 3 MO.

• Circulation improves

• Lung function increases up to 30%

20 MINUTES

• Blood pressure
• Pulse
• Temperature

8 HOURS

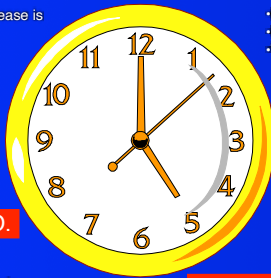
Carbon monoxide
Oxygen level in blood

24 HOURS

Chance of heart attack decreases

48 HOURS

• Nerve endings start regrowing
• Ability to smell/taste enhanced
• Walking is easier



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Immediate Benefits of Cessation

Increased

- feeling of self-worth
- sense of taste
- sense of smell
- peripheral circulation
- oxygen uptake
- exercise tolerance

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Immediate Benefits of Cessation

Decreased

- upper respiratory infections
- indigestion & "heartburn"
- halitosis
- dry mouth
- spastic colon attacks
- expenses
- odor to non-smokers

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How are You Feeling?

- Highly motivated
- Almost forced
- Mixed
 - want to quit
 - want to keep on smoking

**You will all stop sometime:
It is just a matter of when!**

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When do you smoke during the day?

- upon arising
- with coffee
- after a meal
- when driving
- on the phone
- before retiring

Smoking is associated with almost every waking moment!

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Habits

“Habit simplifies the movements required to achieve a given result, makes them more accurate and diminishes fatigue. . . Habit diminishes the conscious attention with which our acts are performed.”

--William James, 1890

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How to Begin!

1. Take a positive attitude

👉 Instead of “giving it up” we say “Kick the habit!”

2. Learn the secret of will power

- 👉 The will controls the whole life
- 👉 The will can be strengthened

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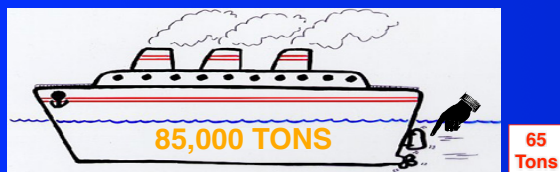
The Will:

“That sovereign agency within the mind which exercises control over the whole life.”

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Queen Elizabeth I



The will is like the rudder.

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How to Begin!

3. Use the will correctly

👉 Rather than make and later break promises: Let's make choices.



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I CHOOSE NOT TO SMOKE!



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1st Law of the Mind

WHEN A DESIRED OBJECT IS SO FIRMLY DENIED THAT ALL HOPE OF EVER GETTING IT IS GONE, THE MIND GIVES UP.

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CONDITION:

Remove all hope of
ever getting it

RESULT:





The mind gives up.
(It stops bugging you!)

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Rx For Easing the Symptoms of Withdrawal

1. Drink lots of pure water, 6-8 glasses per day:

-  1 glass when you wake up
-  2 glasses mid-morning
-  2 glasses mid-afternoon
-  1-2 glasses evening

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Rx For Easing the Symptoms of Withdrawal

2. For the first 24 hours eat only fruit
and fruit juices



NO coffee





NO alcoholic beverages




NO soda pop (especially caffeinated)

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Rx For Easing the Symptoms of Withdrawal

3. Take 3 deep breaths 3 times a day.



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Evening

1. Short, relaxing walk
2. Take a warm shower
3. Read today's guide
4. Reaffirm your decision
5. Set alarm
6. Relax



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Morning

1. Arise a little earlier than usual
2. Reaffirm your decision
3. Drink a glass or two of water
4. Take a warm shower ending with cold
5. Go for a short walk
6. Have a good breakfast

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20

How to Cope With the Urge to Smoke

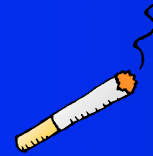
- Reaffirm your decision: "I Choose Not to Smoke"
- Ask God for help
- Take 3 deep breaths
- Drink a glass of water
- Allow yourself a change of pace
- Take a short walk
- Shower



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The only cigarette you have to fear is the **FIRST ONE!**



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YOU HAVEN'T REALLY
FAILED
UNLESS YOU FAIL
TO TRY AGAIN.



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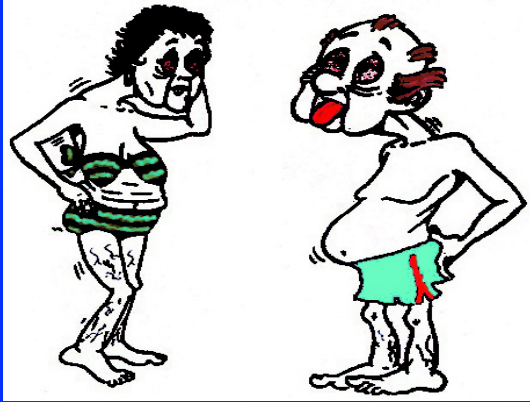
23

I CHOOSE

NOT TO SMOKE!

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Counting the Co\$

\$NUMBER of cigarettes per day	20
x 365	7,300
\$COST per cigarette	0.4
\$INDIRECT & MEDICAL costs	??
\$YEARLY cost of habit	2,920
\$COST of habit TO DATE (20 yrs.)	29,200
\$FUTURE COST (35 yr. old = 35)	127,750
\$FUTURE SAVINGS (35 yr. old = 35)	\$134,137

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Ten Steps to Success

The percentage of success I have is in direct proportion to my mental attitude

I choose not to smoke!	100
I will stop smoking!	90
I can stop smoking!	80
I think I can stop smoking.	70
I would like to stop smoking.	60
I might be able to stop smoking.	50
I wish I could stop smoking.	40
I don't know how to stop smoking.	30
I don't know if I can stop smoking.	20
I can't stop smoking!	10
I will not stop smoking!	0

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Overcoming the Habit

1. Bring the Life under the Control of Reason:

- The set of the mind determines the body's reaction.
- Strong positive thinking can weaken the urge.



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Overcoming the Habit

2. Eliminate, Circumvent or Replace the Cues

- Discover new ways of coping
- Sidestep stress situations
- Concentrate on keeping calm
- Discover new areas of recreation
- Take brisk walks after meals

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Cues Which Trigger Smoking

Physical	Emotional	Social	Habit/Reflex
cigarettes	tension	bar	arising
coffee	anger	dancing	meals
alcohol	loss	party	telephone
ashtray	divorce	company	typing/writing
hunger	change	meals	driving
	stress	T.V.	reading
	pleasure		bedtime

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Cue Elimination

Physical

control
eliminate

Emotional

replace
alternative

Social

circumvent

Habit/Reflex

replace with new habits
control

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Overcoming the Habit

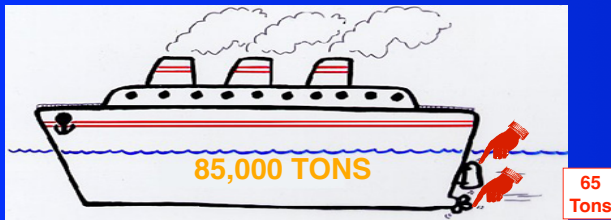
3. Divine Aid Doesn't Disappoint

- Say "Give me strength to keep from smoking"
- The urge will pass

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Queen Elizabeth I



The will is like the rudder.
Divine aid is like the propeller

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How To Receive God's Help

1. Admit you cannot do it by yourself
2. Give God the credit for your victory
3. Ask God for help
4. Think and act like you got help
5. Thank God for His help!

ACCORN → OAK TREE



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I Can Stop Smoking

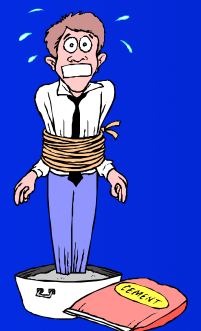
When I Choose With God's Help!

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How to Cope With the Urge to Smoke

- Reaffirm your decision: "I Choose Not to Smoke"
- Ask God for help
- Take 3 deep breaths
- Drink a glass of water
- Allow yourself a change of pace
- Take a short walk



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By beholding
we become changed.



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I CHOOSE



NOT TO SMOKE!

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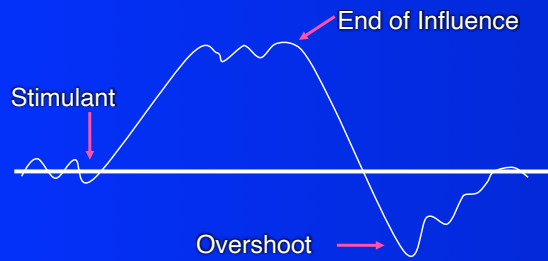
YOU HAVEN'T REALLY
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TO TRY AGAIN.



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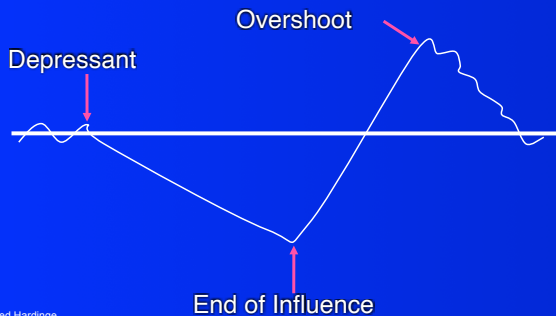
Effect of a Stimulant



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Effect of a Depressant



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WHEN A DESIRED OBJECT
IS SO FIRMLY DENIED THAT
ALL HOPE OF EVER
GETTING IT IS GONE, THE
MIND GIVES UP.

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CONDITION:

Remove all hope of
ever getting it

RESULT:

The mind gives up.
(It stops bugging you!)

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