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Elements of a Daily Program

- Welcome
- Focus on Participant Workbook
- Interaction with Support Staff
- Myth stories
- Fruit/juice break
- Motivation
- Strategies for quitting
- Spiritual activities
- Ex-smoker testimony
- Discussion
- Review tomorrow's plan
- Dismissal

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Session 1-3: Participants Needs/Feelings

Needs/Feelings	Strategies
Desire to quit	Create a climate of reassurance and calm
Fears and failures	Provide personalized support and care
Multiple non-smoking problems	Listen, share, discuss, and support
Desire to know the process	Provide a framework with understanding of the habit, association traps & cravings
Easy way to quit	Lead to division-making and commitment
Fear of cravings	Provide substitutional strategies
Unexpressed spiritual needs	Personal care
Pressure to quit	Lead to owning decision and providing motivational development

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Session 3-5: Participants Needs/Feelings

Needs/Feelings	Strategies
Dealing with tough/difficult times	Own the decision, reaffirm commitment and normality
Understanding withdrawal symptoms	Explanation of what to expect in withdrawal and physiological/psychological reasons
Support the quitting process	Provide psychological/physiological tools and information
Concern for damage and reversibility	Emphasize the positive not the pathology
Fear of failure	Offer substitute strategies
Spiritual needs	Gentle provide spiritual care. Promises
Multiple nonsmoking problems	Listen, share, and support

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Session 5-6: Participants Needs/Feelings

Needs/Feelings	Strategies
Deal with cigarette grief and loss	Understand the grief process
Struggle with the image of a nonsmoker	Need to own the decision and strengthen the commitment
Intense cravings	Provide strategies that lessen cravings
Spiritual needs	Implement smoking-specific spiritual strategies; explain how God helps
Motivation	Provide psychological/emotional support
Confronting rationalizations	Review the steps of decision-making
Support for quitting cigarettes	Provide positive physiological information

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Session 6-7: Participants Needs/Feelings

Needs/Feelings	Strategies
Maintain the decision to quit	Support their ownership of the decision
Dealing with stressful situations	Understand the basics of stress management
Reinforcement	Suggest actions that reinforce quitting
Support for quitting	Suggest positive psychological/physiological activities
Spiritual support	Suggest spiritual support activities
Multiple nonsmoking problems	Listen, clarify, support

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Session 8-9: Participants Needs/Feelings

Needs/Feelings	Strategies
Positive self-image	Affirmation for battles won
Long-range strategies	Suggest positive activities followed by non-smokers
Concerns about weight-gain	Understanding the complexities of weight-gain. Focus on simple principles.
Helping others to quit	Encourage others to quit, attend the next program, volunteer to share
Extend the decision	Commitment card
Concerns about failure	Provide assurance and encouragement



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BreatheFree 2 in Ten Points

1. Think quitting!
2. Talk quitting!
3. Get rid of tobacco.
4. Beware of former smoking situations.
5. Lean on substitutes.
6. Exercise daily (walking) and sleep extra.
7. Avoid coffee and alcohol.
8. Drink plenty of water (eat fruit).
9. Deep breathing for craving distraction.
10. Ask God for help.



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