··▶ Quit Plan

1. Quit date

Your *quit date* is the day you will quit smoking completely. **My quit date is:**

2. Use your experience

Each time you try to quit brings you closer to quitting for good. Think about the times you have tried to quit in the past.

- What helped you quit?
- What caused you to start smoking again?
- What could you do this time to keep from smoking?

3. Know your triggers

Think about what you are doing and where you are when you smoke. What triggers you to smoke? Write your plan for dealing with your triggers:

Trigger	How I will beat the trigger

Quit Plan◄·······

4. Plan for cravings and other withdrawal symptoms

Medicines can help lessen your withdrawal symptoms, and getting support can also help.

- Will you use medicine to help you deal with withdrawal symptoms?
 - What medicine will you use?
 - When will you start taking the medicine?
- Who will talk to you and support you as you quit?

5. Be ready for challenges

Think ahead about how you will handle these challenges:

- Stress
 I will relax by:
- Negative thoughts When I feel discouraged, I will tell myself:
- Smokers in my life How I will deal with being around smokers without smoking:
- My plan for other challenges:

You have made your plan. You are ready to quit smoking for good!