

## How to Quit



1. Talk to your doctor.



5. Get support.



2. Pick your quit date.



6. Don't smoke.



3. Decide how you want to quit.



7. Track your progress.



4. Throw it away.

8. Keep trying!

**Talk to your doctor first** to help set up a quit plan.

Pick your quit date, some time soon, but with enough time to digest the idea that **this is it!** Make that commitment, and put that quit date on your calendar. Try not to plan too far ahead—no longer than 2 weeks away.

Decide how you want to quit: all at once or by gradually cutting back. Right before your quit date, throw away everything related to smoking, including cigarettes, ashtrays, lighters, and matches.

Let others in your life know, and ask for their support. Start to build a support network. Be sure to tell them why you want to quit (so they can remind you when you call on them for support), and keep them updated and involved. They will be part of your journey, so remind them that their support is appreciated. The *Using the Buddy System* handout is a helpful guide on choosing a quit buddy.

When your quit date arrives, it means **NO SMOKING**, not even a puff. If you do have a slip, recommit to quit right away. Even though it may seem hard, it's better in the long run not to smoke at all. Another one of your handouts is a *Personal Progress Tracker*. Use it to keep a record of your progress.

Finally, **KEEP TRYING!**