



PARTNER GUIDE

Helping Tobacco Users Successfully Quit

DEAR PARTNER,

You have accepted a challenging and potentially rewarding experience when you agreed to support this friend who needs you. H/She has committed every minute of the next two weeks to Taking Control of a lifestyle that, before it, has diminished health.

Your role in this partnership as mentor will positively facilitate a complete break from the use of tobacco in any form. Those who have worked with quit smoking/tobacco cessation programs have recognized that each one who is addicted needs the nurturing and benevolent admonition of another who is stronger in order to follow through on the steps necessary to break from the practice.

The strength shown in this relationship will serve as a model for effecting lasting abstinence from tobacco.

Many of those addicted benefit from a group program. It is helpful to hear from others the problems they face while breaking free and it is even more helpful learning how others encounter the ever-present influences toward the use of tobacco.

Your mentee may or may not have the benefit of a group program. In either circumstance you will provide the listening ear and the generosity of your ready presence as they take steps toward freedom from tobacco use and its addictive drug. By following the guidelines of the audio or video instructions and the TC guide and receiving encouragement from you, s/he can be at least as successful in gaining victory over smoking or chewing as group participants, maybe even more because of the personal relationship you share.

Overview of Taking Control

The Taking Control tobacco cessation program is based on the following principles:

- Optimal preparation for a quit decision with education and self-assessments over 2 strategy-setting days.
- Facilitating safe, naturally controlled elimination of poisons of tobacco through a “fast” of liquids the first 24 hours and a gradual addition of wholesome grains, fruits, and vegetables (and low-fat meat, poultry, or fish if desired) over the succeeding 3 days.
- Assuring a clear mind for decision-making by avoiding any mind-altering substances (alcohol, sedatives, mood-changers, illicit drugs) during this 14-day period (and potentially thereafter).
- Development of a regular exercise program using fitness walking, swimming, cross-country skiing as examples. Outdoor activity to employ the benefit of sunshine and fresh air.

- Utilizing coping principles suggested by health professionals for dealing with stress.
- Planning for adequate rest and relaxation daily.
- Changing activities, habits, environmental features that cue a smoker.
- Advice specific to workers and caregivers is offered also.

You are encouraged to read the printed materials (workbook, nutrition guide, etc.) and listen to the instructions with the participant when that is agreeable with your partner.

Partnership Contract

In the WorkBook your partner is using, there is a sample contract illustrating what negotiation the both of you will make toward this Partnership in Taking Control. You may sign that one or make up your own agreed-upon contract. Success to you both as you embark on this adventure toward optimum health.

We welcome any comments or suggestions you may have about this program. You may send an email to the author at www.LivingSmart.Live and click on Contact Us.

Withdrawal Symptoms

Nicotine is pharmacologically unique, in that it will produce opposite results, depending on the dose. Small puffs (low dose) will act as a stimulant, increase awareness; long draws (high dose) will relax or calm the smoker. Individuals have learned to self-dose themselves, depending on whether they need to be “picked up” (for studying, driving, boredom) or calmed down. If another cigarette is not used by the time the brain signals more is needed the following symptoms may appear:

Difficulty in concentrating
Decreased heart rate
Restlessness

Increased coughing
Gastrointestinal disturbances
Tremors
Irritability
Frustration
Anger
Hostility
Headache
Insomnia

These symptoms will appear within 2 hours and peak by 24 hours. There is a decline after this time. Cravings for nicotine take on a psychological nature of a psychomotor “habit” after about 3-4 days if there has been abrupt cessation of tobacco use and the guidelines of this program are followed.

Circulation deficits will return in 24 hours after cessation; breathing and endurance will be improved within 2-3 weeks; sense of taste and appetite will return.

Doesn't that give you more courage to urge your partner to accomplish this life-saving change?

HOW TO HELP A SMOKER QUIT

It is our mission to help people reach their optimum level of health through tobacco cessation and the full-life change of better nutrition, a regular exercise plan, stress coping skills, regular rest and relaxation pattern, and emotional and spiritual growth.

Your positive lifestyle will contribute much to the efforts of this program. And if you fall amiss in some of these areas for one reason or another, take advantage of this opportunity to improve your life practices, too. It is most important, however, that you not use tobacco or mind-altering drugs. You will recognize why when you understand the degree of internal control, encouragement, and sympathy you must demonstrate. If you

have formerly used these substances and have successfully quit, your insight is invaluable.

Desired Characteristics

Most smokers suggest a helper should exhibit the following characteristics:

- A positive spirit of encouragement
- Avoidance of coercion, nagging, insulting, or shaming one into compliance
- An independent respect for the ex-tobacco user -- you care for the person even when unpleasant situations occur.
- Understanding that because tobacco contains nicotine, an extremely addictive element, cessation may be physically difficult. Supportive reinforcement of **Taking Control** guidelines in spite of discouragement is needed.

It is important for you to anticipate the symptoms of nicotine withdrawal. Understand that none of these symptoms is as detrimental to health as the use of nicotine and its poisonous carrier, tobacco. They are short-lived. The principles of this program are designed to minimize the severity and number of withdrawal symptoms one might experience. For some who quit, symptoms might be mild and not bothersome.

How You Can Be Supportive

Because observers have noted that it takes at least 14 days to successfully break an addiction in the first phase, this program is designed for 14 days of intensive guidance into life change. Your time will be coveted during these two weeks. You may be called at unexpected times to encourage and remind of benefits and goals. You may even be impressed to visit with your partner or do some distractive or replacement activity with him or her.

Without jeopardizing your personal life, make yourself available to the needs of your partner. As he/she gains control those demands will lessen. Love and understanding are particularly important during this time.

The following are suggestions:

- Offer to do something that would help in the change process--altering those environmental influences like rearranging of favorite former smoking places into new spaces, shampooing the carpets, cleaning the windows, cleaning and shampooing the car inside, etc.
- Visit your partner every day, particularly after he or she has listened to the instruction for the day, or spend that period of time together.
- Help you partner keep away from cigarettes and tobacco and the usual places where they have been used.
- Consider giving up something yourself to show you are in solidarity and care.
- Encourage your partner to talk about feelings, concerns, and concepts from the daily instructions. Listen without being judgmental. Instead of offering advice, remind him/she of short and long-term goals made.
- Send flowers or take the person out to dinner (within the diet guidelines of the program!) as a reward. Send little notes of encouragement.
- Deepen your spiritual life in order to lend support with prayer.
- Be sensitive to unspoken needs.
- Encourage consistently with positive statements and words of praise.
- Be supportive even when anger or depression are expressed.
- Pray with and for the participant's success.

NOTES . . .

Use this space to write your specific plan for helping someone you care about recover from tobacco addiction.