

INSTRUCTIONS FOR QUITTING SMOKING

1. Do not smoke inside any enclosed areas. That means not smoking in the house, the car, or the office but out in the fresh air. Rolling the window down in the car does not work. This is for 2 reasons. One-so you won't be breathing your own second hand smoke which raises your nicotine level, and two-it will start you into being mentally in control of your smoking.
2. Buy a cigarette case that can hold 20 cigarettes and then make up a schedule for the whole week where you can have 20 cigarettes every day but you have to schedule it and divide the day into 20 times you can a cigarette. You have to be exactly on the time. If your are five minutes late for your cigarette you have to postpone it until the next time.
3. The next week, draw up a new schedule with 19 cigarettes, the next week 18, the next week 17, etc. until you get down to zero.
4. After you have quit smoking, throw away all of your smoking associated material, lighters, ashtrays, anything that has advertisements of cigarettes on them. Try to get them out of your sight.
5. Take the price of how much you were smoking, the daily amount, and put it in a container every day for a year that you don't touch. At a year of not smoking, reward yourself with something you have always wanted. If you should begin to go back smoking, you have to give the money to the Cancer Society.
6. By following these steps, It will take 20 weeks to quit but you should be able to do so without any withdrawal or craving of nicotine and will not need any patches or gum or other medication.