

THE **QUIT** SMOKING **HAND**BOOK



WHY CAN'T I QUIT



To understand why you have trouble quitting smoking, you must first understand that when you desire a cigarette, you normally crave an "endorphin release" and not a "nicotine fix"

Endorphins, produced by various cells in your body, are "morphine-like" natural opiate substances that inhibit the sensation of pain, and signal your internal system to decrease stress and increase energy.

"In essence, the release of endorphins in your body makes you feel good."

Normally, your body releases endorphins and energy naturally throughout the day. However, after an extended period of smoking, nicotine alters your body's normal endorphin cycle, forcing it to rely on nicotine to release endorphins.

When you smoke, nicotine supplies your body with endorphins in "conditioned releases", which wear off rather quickly – usually in one to two hours.

When you stop smoking, you slow production of endorphins in your body and soon reach the primary deprivation stage. This is where you feel symptoms of "withdrawal syndrome" which are the effects of being trapped in an "endorphin denial cycle".

Because endorphins are not being produced while you continue to deprive your body of nicotine by not smoking, endorphin levels in your body drop far below normal. This lack thereof causes you to feel extremely irritable, stressed-out, fatigued, and to start craving nicotine.



When you finally cannot stand the "withdrawal symptoms" any more and light up a cigarette for relief, nicotine rewards you with the endorphin release you are craving.

This is your addiction, and why it is so difficult for you to quit!

The good news is that there are many ways to reprogram and restore your endorphin production cycle, and get you through ALL the stages of nicotine / endorphin withdrawal!

WHAT OPTIONS DO I HAVE

Low Level Laser Therapy (LLLT):

We highly recommend Laser Therapy for your smoking cessation: it is an easy and non-intrusive process with no known side-effects that allows your body to quickly restore its natural endorphin production.



Proper Laser Therapy utilizes a 100% safe, non-thermal, "cold" low-level laser to stimulate specific trigger points on your body that control the release of endorphins in your system.

Over the course of a single hourly Laser Treatment Session, your body will restart natural reproduction of endorphins. This rebalancing of your body's endorphin levels will allow it to remove nicotine from its system, and help you to comfortably ride out the normal "nicotine withdrawal period" of three to five days.

HOW DOES LLLT WORK?

Low-level laser therapy utilizes principles similar to the ancient healing art of acupuncture – a technique of inserting and gently stimulating hair-thin needles into specific points of the body to trigger a natural healing response.

Laser Intervention's low-level lasers simulate a very similar response by emitting a fine-point "cold laser" into your skin which stimulates your body's endorphin production system.

Endorphins are natural chemicals in your body that signal your internal system to decrease stress and increase energy. These are the same chemicals inside your body that nicotine stimulates, and after smoking for a short period, also controls their reproduction.

"By naturally restoring the body's endorphin levels through low-level laser therapy, we can remove the hold that nicotine has on your system."

ARE YOU **READY** TO QUIT?



Before you decide that you are going to quit smoking, take time to think whether or not you are truly devoted to quitting.

Dedication to your end goal is the most important factor in helping overcome your addiction. Do not let yourself experience a setback, simply because of half-hearted effort.

"Reinforce your desire to quit by giving the very act of quitting smoking a deep and personal meaning: one that will empower your end goal rather than your addiction."

I WANT to live longer!

I WANT to feel healthy again!

I WANT to be in control of my life!

Try talking from your heart, and saying to yourself that you truly want to quit, and that you are ready to do anything and everything in order to quit!

If you are ready, you will know by the emotion you feel when you say, "I QUIT!"

Prepare yourself to start a new life without cigarettes by keeping thoughts about your end goal positive, solidifying your decision.



I AM Quitting!

I WILL Quit for Good!

I WILL BE FREE!!!

The road to nicotine freedom is long and hard, but if you fill your journey with a strong belief in yourself and your goals, it will help smooth the rough patches along the way.

"Anyone can quit smoking if they want to badly enough, and are willing to tackle their addiction head-on!"

PREPARING TO QUIT

There are those who can quit smoking cold turkey and never think about smoking again. But for most of us, there are subtle and sometimes major changes in our environment and lifestyle that have to take place first before we can kick the habit for once and for all.

Think of the following handbook as a rehearsal tool for quitting smoking.

Would you play a sport without knowing the rules or act in a play without knowing the words? Most likely you wouldn't – or even couldn't – do either. The same holds true for smoking cessation.

***Before you can quit, you must learn how to
"prepare yourself to quit!"***

By allowing yourself to understand in-depth, the obstacles you may face and the preparations you can do in advance, you will then possess the knowledge you need to make your transition into a non-smoking lifestyle much easier.



So before you choose a method for quitting smoking, review the following guidelines and suggestions to help you expand your knowledge of your own nicotine addiction, and to open your eyes as to what you need to do to overcome it.

START A SMOKER'S DIARY

***"To better understand your smoking habits and your nicotine addiction,
you will need to see them firsthand!"***



By keeping a smoker's diary, you will accumulate over time, all of your smoking reasons and habits in writing. Having all these written down in your own handwriting will allow your mind to more easily identify and comprehend why you smoke, and what you need to do in order to overcome your addiction.

(Continued...)

While you may still think that you do not need a smoker's diary, we strongly suggest you throw your skepticism aside for now, and just trust in the fact that many of those who have quit before you highly recommend not only keeping a smoker's diary, but entering as much information into it as possible!

We'll talk more about the smoker's diary later; but you will soon see how much information you should write down and why it's important and beneficial that you record it all.

(While we recommend you purchase a diary, journal or even a **colourful** notebook to add a more personal touch to your writings, we have also included printable smoker's diary pages which can be found at the end of this handbook.)

WHY DO YOU SMOKE?

"The first step in understanding any addiction is to attain a self-awareness of the reasons why you do what you do in the first place!"



Take a few minutes to think about why you smoke and record these reasons as your first entries into your smoker's diary.

Do you smoke to be social, to feel relaxed, to reduce stress or to gain acceptance?

Do you smoke to feel sexy, more attractive, to help control your weight, or even just to have something to do when you want to take a break?

Identify and write down all the reasons why you smoke; ***the more personal and descriptive the reasons, the better!***

Keep writing until you exhaust every reason you can think of, and be sure to add any new ones in the future, any time they pop into your head.

Recording your reasons for smoking on paper will give your words a sense of reality rather than just being speculations in your mind. After seeing your reasons in your own handwriting, deep down inside you will know they are true – and you will become fully aware of why you smoke.

"Knowing your reasons for smoking will noticeably help you deal with addiction triggers that may arise during the progressive stages of your nicotine withdrawal, and will better prepare you to deal with them."

WHY DO YOU WANT TO QUIT?



The second entry you should write in your smoker's diary, are the reasons why you want to quit. Again, don't "just think" about your reasons for quitting, write down a detailed list and feel free to add new reasons as they arise.

- * Do you want to quit smoking to improve your health or the health of those around you, to feel in control of your life, to save money, or to feel good about yourself?
- * Do you want to quit smoking to have a cleaner home and/or car, to be more sexy or attractive, or to attract a special someone?

"Make your reasons specific and personal; they must have meaning attached to them in order for you to be able to draw on their motivational power in times of need."

MAKE A PLAN TO QUIT?

Next, make a plan to quit, and not just a sketchy little plan, but a detailed plan that will allow you to prepare for situations that may cause you stress, or to desire a cigarette.



Just like a play rehearsal, you will need to prepare in order to perform, but unlike a play you will need to be able to "anticipate" your problems rather than just follow a script.

To be ahead of the game, your quit-smoking plan should be laid out in advance, so that it will give you a good indication of what problems you may encounter, and make you aware of the areas in your lifestyle and attitude that need to be improved.

"Recognizing what your potential problems are is half the battle, and preparing for them in advance will help you gain insight into them, and help you gain the knowledge you need to deal with them effectively."

SET A QUIT DATE

Setting a date on which you want to quit smoking, can be personal – such as a special time of year like Valentine's Day, your birthday, a loved one's birthday; or it can be an exact date such as next Monday, two weeks from today, the middle of the month or the 1st of the month.



"It is very important that you set a realistic quit date in the very near future."

Saying you'll quit at Christmas when it's only February will not place you in a frame of mind to quit; in fact, it will most likely deter you from quitting at all.

A timeline between one week and one month is recommended, depending on how easy it will be for you to prepare. Do not set your quit date so far in the future that it will give your addiction time to come up with excuses, as to why you should keep on smoking.

Set a permanent date that is on your horizon, one you can see on your current calendar; then **place a big fat circle around it** that you can look at "every day" until it is that day!

"As long as you honestly feel that you can continually focus on your quit date without wavering or quibbling about changing it, then that is the date that is right for you."



TELL PEOPLE YOU ARE QUITTING



"Tell your family; tell your friends; tell your co-workers and classmates! Tell everyone you will be coming into contact with in the near future you are quitting, and note what they say and how they feel about it."

If anyone you will be spending a lot of time with after you quit smoking, smokes themselves, see if they want to quit with you; and if not, ask them if they wouldn't mind not smoking around you while you're quitting.

(Continued...)

Write down in your smoker's diary, those who are happy that you are quitting, those who believe in you, and those who are encouraging you to follow through with your plan to quit.

While you will experience a lot of positive response, also be prepared for negativity and write down those who may not want you to quit, or those who offer a negative reply when you mention you are quitting.

Some smoker friends you have may not be too happy under the surface; not many smokers like to smoke alone, nor may they want to hear that someone else is quitting when they feel that they never can.



"Do not hold these people at fault for their negativity; it is just their past failures and/or their addiction talking. Lead by example and save the long talks with negative reactors until after you've quit for good, as then they will be able to see firsthand that it can be done and won't be so skeptical!"

GATHER **YOUR SUPPORT** GROUP

While you're telling everyone that you are quitting, if they are someone you care about or trust, inquire if they'd be willing to support you while you are quitting.



"Do not wait for these people to realize that you need them. Tell them in advance that you may require some help, and ask them for their assistance and patience during your period of withdrawal."

Also tell those who are happy for you and willing to support you, whether or not you want them to check on your progress and also how often to check.

Writing down all the names and numbers of people who you can count on in your times of need is essential; advance knowledge of whom you can count on and how, will give you an extra boost throughout your entire transition.

"Not only will you know that you are not doing this alone, you'll know just how much support you'll really have along the way."

EXTEND YOUR SUPPORT GROUP

If you think you might need more support or could use extra help and encouragement, try visiting a smoking support group such as **Canadian Cancer Society Smokers' Helpline** which is available online 24 hours a day at:

<http://www.smokershelpline.ca/>



Consider joining up immediately even if you don't see a need for it at the moment. Joining now will save you the stress of signing up later and will place at your fingertips even more helpful information, and knowledge of the support that you can find online!

<http://www.smokershelpline.ca/signupA.aspx>

Also enter their helpline number **1-877-513-533** and hours of operation into your smoker's diary and cell phone directory right now, just in case. It's better to be prepared than not!



Monday to Thursday from **8AM** to **9PM** EST

Friday from **8AM** to **6PM** EST

Weekends from **9AM** to **5PM** EST

More support groups, both local and national are available on our website:

<http://quitsmokingsupport.com/groups/>

IDENTIFY AND REACT

"The body feels an excess amount of stress when the mind feels helpless toward solving a given situation. By anticipating and preparing for the problems you may encounter during your smoking cessation, you can alleviate the amount of stress you will feel if these situations arise."

The following sections outline self-learning techniques that will help you prepare for, and deal with, obstacles and adversities you will face while quitting smoking. Utilizing these techniques will help you to attain your end goal.

IDENTIFY YOUR **SMOKING** TRIGGERS

In your smoker's diary, write down the following information every time you light up a cigarette: the time of day, your craving level (little, normal, severe), who you are with, what you are doing, and how you are feeling.



(If you smoke in your car, do not attempt to write in your diary while you are driving! Simply make a mental note of the approximate time and enter it in your diary when you reach your destination.)

After a few days of writing in your diary, you will start to notice patterns; after a week, you will notice your habits.

Initially, you may not even realize how often you smoke, how many cigarettes you smoke, or how often you smoke in one place simply because you are used to your habits. However, seeing all of your habitual actions in your own handwriting will take them out of your subconscious and place them into your consciousness.

"By keeping your smoking diary up to date, you will soon be able to actively identify when and why you smoke, and also with whom you smoke."



Review your smoker's diary now, and try to notice your habitual patterns by asking yourself such questions as:

- * Do you have a cigarette first thing in the morning with your coffee, at break at work, after meals or while having a social drink?
- * Do you smoke as soon as you get into your car in the morning, after work, while stuck in traffic, after someone cuts you off, or if you miss-a traffic light?
- * Do you smoke right after you enter your home, after diner, over coffee, or in bed after sex?
- * Do you smoke more while around certain people, even though you don't spend much time with them?

"Review your smoker's diary constantly to truly identify and become acquainted with your smoking patterns, as these are the triggers which cause you to rely on nicotine to feel relaxed, sociable, and like you are doing something."

IDENTIFY YOUR SAFE HAVENS

"As important as it is to identify when you do smoke, it's also important to identify when you *don't* smoke!"

We call these times "Safe Haven's", and they are shaped by the places you go or people with whom you spend time whose very location or company causes you **not** to smoke.



While you may not realize it, there will be many people around whom, and many places you can go, where you find you smoke less or do not smoke at all.

"The people who cause this reaction in you are safe havens from your addiction, because smoking around them goes against your principles."

The locations are also safe havens, as when you are there it causes a reaction in your brain that makes you accept that you cannot smoke even if you want to.



Go through your memory to identify the people, places and times that do not appear in your smoker's diary, or do not appear very often.

Also note the times you have "normal or severe" cravings but do not smoke because you cannot, as these will help identify your smoking triggers.

- * Are there certain people whom you do not smoke around, maybe because they do not smoke themselves, or because they are pregnant, have kids around, or they are kids?
- * Are there certain places you spend a lot of time, such as work, home, or in your car where you do not smoke?
- * Are there certain locations and times, such as being in a cafe, going to the gym, or while riding public transportation where you also do not smoke?
- * Do any of your actions or activities, such as going to sporting events, eating meals, or lying in bed cause you not to smoke?

Make a note now in your smoker's diary of all the people, places and actions that cause you not to smoke or smoke less; and feel free to add anything new in the future when you notice it is not on your list.

"Remember to utilize your safe havens should you find your cravings becoming too much for you to handle alone, as they are your best smoking deterrents."

SIGNIFY YOUR SAFE HAVENS

Now that you've written down all of your "Safe Havens", take some time to consider them and their significance.

* Are you willing to spend more time with the people on your list, so that you will be positively occupied during your nicotine withdrawal?



Whether you realize it or not, your "Safe Haven People" are naturally helping you with your addiction – most likely by making you happy and relieving you of stress.

"Decreasing your stress levels in turn reduces your need for artificial generation of endorphins: the main reason why you are addicted to smoking in the first place."

If you now notice that because of your smoking habits, you have been neglecting one or more people on your "Safe Haven" list – building on any of these relationships may not only help you quit smoking, but may also make you happier and less stressed.

* Are you willing to spend more time doing things and going to places where you normally do not smoke, or where you smoke less than you normally do?



Your "Safe Haven" places and activities will also help you avoid the trouble-spot traps carefully laid out in your addiction, because you already will be accustomed to not smoking when you are there or when you are doing these things.

"Remember that quitting smoking is more than just a physical process and that you also have to be mentally strong enough to defeat your habits."

Constantly attempt to build up your defenses and reinforce your mental prowess in order to make your subconscious realize that your new "good habits" will be taking the place of your bad ones.

REVIEW **YOUR** PAST

"Although you may not like to recollect your past quit-smoking attempts, it is important to review them in order for you to learn from them."

If this is your first-time quitting, please continue reading this section even if you feel it doesn't apply to you. The problem-solving skills discussed within will help better prepare you to reach your end goal.

For those of you who have previously attempted to quit smoking and started up again, keep in mind that it's okay to admit that you tried and couldn't do it.



"Not many of us can do everything right the first time. Sometimes we need to take a little walk on the learning curve to discover the things we may have missed before."

There is a lot to learn from your past experiences, and I think Charles Kettering, renowned American inventor and co-founder of the Memorial Sloan-Kettering Cancer Center, said it best when he stated:

"It doesn't matter if you try and try and try again, and fail. It does matter if you try and fail, and fail to try again."

To kick-start your learning process, write down in your smoker's diary, all the trouble spots you can remember from your past quit-smoking experiences.



- * What you were doing
- * How you were feeling
- * Where you were
- * Who you were with, and
- * What made you light up again

"Remember, this exercise is not about highlighting your failures. It's about reviewing and learning from your past mistakes so that you do not repeat them, and taking your smoking cessation to a new level."

DECIDE **THINGS TO** CHANGE



"In order to attain success in business, as in life, we must dig deep into the heart of the problem to find the things we need to change."

Your addiction may have already conditioned your thought process to make you believe that you are not able to quit.

This is not true, but it is a mindset that many of us smokers fall prey to, and it's something we must change within ourselves.

If you tried to quit before, think again about the problem areas you encountered:

- * What pushed you to the edge, and what finally made you cave in?
- * In retrospect, was it something that was very controllable – such as visiting a place where you were used to smoking, or hanging out with people who did not stop smoking around you?
- * Were the problems you faced in your past, something for which you would now be prepared, or do you still need to work on them?

"Remember your past problems not as failures, but as learning experiences - and use them to gain insight into possible solutions that will help you deal more effectively with future problems."

FACE **YOUR** CHALLENGES

Now that you've thought about your challenges, prepare to face them by opening up your smoker's diary and writing down all the things you remember that caused you trouble, or things you think will cause you trouble when it's time to quit.



Think also of solutions to these past and "potential" future problems, and what you can do to alleviate the stress they caused, or may cause.

- * Did you notice a need to occupy your hands with something?

Buy a deck cards, or better yet, a stress ball or Chinese meditation balls that you can roll around in your hands in times of need.

(Continued...)

* Did you experience a fixation to have something replace the feeling of a cigarette in your mouth?

Try chewing celery or carrot sticks, savoring some tasty sugarless candies, or chewing on sugar-free gum.

(Notice the "healthy theme!" and do not replace one bad habit with another that may be harmful to you.)



* Does the smell of cigarettes make you crave one?

Wash all your clothing, belts, jackets, bed linens and anything in your home that smells like cigarette smoke.

Give your blinds, carpets, curtains or draperies, and your car a good cleaning too.

While you're at it, find an air freshener or air deodorizer that you like, and cleanse the air in places that you feel could be troublesome.

* Are you lacking a healthy lifestyle, attitude, or health-conscious friends?

Join a gym, a sports club, or buy some exercise equipment, or a new bike.

"Remember, you will be able to afford these things now that you're not wasting your money on cigarettes!"

(Note: ALWAYS consult your doctor before starting any new exercise regime)

Describe your problem areas in your smoker's diary - but do not stress over finding solutions to them this very second.

"Ideas will come to you over time. If they do not, try asking others who've quit smoking what they've done to solve the very same problems."

Rest assured that someone else has most likely gone through the very same problem before you and found a solution.

"In times of need, make use of your personal support group of people who will always be there for you."

If they cannot help, try contacting ex-smokers and smoking-cessation helpers online, or on the phone, using The [Smoker's Helpline](#) or like-minded services.



"Always remember, you are not alone!"

PREPARE **YOUR** AREAS

"Collectively, over the years you've been smoking, you most likely have accumulated a vast amount of smoking paraphernalia with which to taunt yourself during your smoking cessation."



BEFORE you quit, you must get used to not having these things in your life, or even in your peripheral vision.

Start removing this paraphernalia as soon as possible by physically cleansing your home, car and office space:

- * Remove cigarette butts, including those that may be littered outside your home.
- * Remove smoking-related objects such as lighters, matches and ashtrays.
- * Remove tobacco-related advertising such as those found in old magazines and posters, on clocks and neon signs.

* Rummage through your dressers and drawers, your fridge and freezer, your jeans, jackets / pullovers, and every other nook and cranny that can store things, to ensure there are no little smoking-related surprises left inside them.

Especially ensure that you do not have any "emergency cigarettes!" ANYWHERE!!!

- * Remove anything that makes you feel smoking is acceptable to you, and place it and all smoking paraphernalia into boxes or places where you'll never see them, or be tempted to find them.
- * Consider storing movies you like to watch where actors and actresses smoke to their heart's content, as this may have a negative impact on your behaviour.

Just in case, you might want to throw some things in the garbage; as when it comes to quitting smoking, "out of sight" can truly mean "out of mind!"

PACE **YOURSELF**

We know that it's "only human" to see the finish line without actually seeing the hard road that will lead you there. While we still highly recommend you dream about your end goal, we strongly ask that you pace yourself while quitting smoking so that you can make your resolve last.



(Continued...)

"You surely will be tested many times during your transition into a non-smoking lifestyle, but with a little preparation, you'll be ready to deal with all the obstacles that are placed in your path."

Remember to take time to understand yourself and your anticipated problems. Think about them in-depth, and if needed, solicit help for solutions.

Do not, however, tackle all of these things at once, unless you feel doing so causes you to be happy or increases your motivation to quit.

Always ensure that your preparations are not causing you to "quit on quitting". If they are, take a break. The worst thing you can do is to create more stress, as it will only empower your nicotine addiction.

"If you take the time to pace yourself, your mind and body will reward you with the calmness you require to get you through your trouble spots."

PREPARE **FOR** EMERGENCIES

You can't prepare for every quit smoking emergency; however, you can prepare yourself to easily receive support when your "little problems" reach catastrophic proportions because you are feeling over-stressed.



Don't just write down your support group phone numbers, websites and email addresses into your smoker's diary; ensure you make a few copies that you can store in places such as

- * On your fridge, in your wallet, in your glove box, and in your work area.

- * In your address book, your home phone, and your cellular or mobile phone.

Even if you don't think you'll need them,

- * Bookmark smoking support group websites, such as the [Smoker's Helpline](#) and our [QuitSmokingHandbook.com Support Group Page](#).

Be prepared for any emergency by registering at the sites you like beforehand, and also take time to familiarize yourself with their navigation and forums.

"Remember, the last thing you will likely want to do when you are stressed is complete a last-minute website registration; let alone, learn how to navigate it to get to where you need to go."

REWARD YOURSELF

Consider rewarding yourself for quitting smoking by keeping a "tobacco money" jar, and placing on one side of the glass, a picture of your chosen reward.

(i.e. an island where you want to go on vacation, a new bike you want to ride, or a plasma TV.)

Place all the money you would normally spend on cigarettes into your jar; if you want to reach your goals faster after quitting – try adding quarters, loonies or toonies every time you crave a cigarette.

"Check your money jar often to see your dreams come closer and closer to becoming a reality, right before your eyes!"



ENJOY THE NEW YOU

You've taken so many steps to prepare yourself for your new life as a non-smoker; now take a step back and look in the mirror.



Celebrate the new you and do things you might not have considered important before because of your smoking habit:

- * Visit the dentist to get your teeth freshly cleaned and whitened, or tryout a commercial teeth whitener such as Crest White Strips.

"Reward yourself with a bright new smile as a visual reminder of how quitting smoking has also improved your appearance."

- * Restore your natural skin color on your smoking hand by visiting a manicurist, or by soaking your nicotine fingers in lemon juice and rubbing the squeezed lemon on your skin as needed.

While you're at it and if it makes you feel good, buy yourself some new clothes or get your hair done; do anything you can easily afford to do that will brighten your spirits.

"Remember, happy feelings and thoughts produce the natural endorphins you need to replace the ones that nicotine has been robbing from you all these years."



"Lastly, and most important of all, look once again in the mirror – and take a moment to enjoy the NEW you!"