

Patient name: _____

Date: _____

Current Ppd: _____

Pulmonary diagnosis: _____

Smoking history: _____

Pack year history: _____

WHY DO YOU SMOKE?

# 1 Smoking gives me more energy	# 2 I like to touch and handle cigarettes	# 3 Smoking is a pleasure	# 4 Smoking helps me relax when tense/upset	#5 I crave cigarettes, I'm addicted to smoking	# 6 Smoking is a habit
I smoke to keep from slowing down.	I feel more comfortable with a cigarette in my hand.	Smoking cigarettes is pleasant and enjoyable.	I light up a cigarette when something makes me angry.	When I run out of cigarettes, it's almost unbearable until I get more.	I smoke cigarettes without thinking about them.
I reach for a cigarette when I need a lift	I enjoy getting a cigarette out of the pack and lighting it.	Smoking makes good times better.	Smoking relaxes me in a stressful situation.	I am very aware of not smoking when I don't have a cigarette in my hand.	I light up a cigarette without realizing I have one in the ashtray.
When I'm tired, smoking perks me up.	I like to watch the smoke as I inhale.	I want a cigarette most when I am comfortable and relaxed.	When I am depressed I reach for a cigarette to feel better.	When I haven't smoked for awhile I get a craving for a cigarette.	I find a cigarette in my mouth and don't remember putting it there.

Adapted from National Institute of Health Guidelines, Public Health Services

Tips to Help You Quit

# 1 Smoking gives me more energy	# 2 I like to touch and handle cigarettes	# 3 Smoking is a pleasure	# 4 Smoking helps me relax when tense/upset	#5 I crave cigarettes, I'm addicted to smoking	# 6 Smoking is a habit
Get enough sleep, you will be more alert and fresh	Pick up a pen or pencil – doodle or list reasons not to smoke (HEALTH).	Tobacco free lets you enjoy how good food actually tastes.	Use relaxation techniques to help calm you when you are angry.	Ask a health care provider about nicotine patches or gum.	Cut back gradually. Smoke fewer cigarettes each day.
Exercise regularly so you will have more energy.	Play with a coin, your ring, or another nearby object to keep your hand busy.	Tobacco free lets you have a new look in a social setting.	Take a hot bath, do deep breathing exercises, do muscle stretches.	Smoke more than you want or can for 1 –2 days, then quit. (overkill)	Choose only one place to smoke in at work and at home. No car smoking.
Take a brisk walk instead of smoking, so you won't feel sluggish anymore.	Put a plastic cigarette in your mouth. (Some have a mint flavor and can refresh your mouth).	Tobacco free lets you walk, run, or climb stairs easier. You have less shortness of breath.	Avoid situations that will make you feel stressed or that tempt you to smoke.	Go cold turkey! Tapering a lot of times just doesn't work. Get rid of all ashtrays & cigarettes.	Change your smoking routines – use your other hand, don't keep cigarettes in the normal place.
Eat regular healthy meals for natural energy.	Hold a real cigarette if you miss the touch, but do not light it.	You can spend the money you save on cigarettes for something nice or needed.	Get enough rest – take time each day to relax, no matter how busy you are.	Tell friends & family you quit smoking. Ask for their support.	Be aware of each cigarette you smoke. Think about it. Do I really want this??
Drink lots of cold water, it refreshes you and helps clear the nicotine.	Eat regularly so you are not hungry. Hunger can be confused with the desire to smoke.	Remind yourself of the health benefits of smoking cessation (heart, lungs, teeth, etc)	Enjoy relaxation! Get a massage, sit in a hammock, watch nature, listen to music, etc.	Avoid places that encourage you to smoke (i.e. bars, parties, smoke filled places)	Wait 1 –2 minutes to light a cigarette when you want it. Try to think of something else to do.
Avoid getting bored, it makes you feel tired. Keep your mind and body active.	Find new hobbies that make you use your hands: Wood-working, stitchery, painting, cooking, etc.	Smoking cessation lasts a life time, you will enjoy being healthier for a long time to come.	Remember smoking didn't fix problems, you just took time to do it, figure out how, what, or will help.	Remember physical withdrawal only lasts about 10 – 14 days. Hang-in there!!	Inhale less often and less deeply when you do smoke.
Call someone and just talk or get them to encourage to stop smoking.	Keep low fat snacks handy. (carrot sticks, bread sticks, hard candies preferably sugar free)	Smoking cessation lets you feel in control – YOU MADE A CHOICE NOT TO SMOKE!	Imagine -- think of peaceful places, good experiences. (Be a kid again with imaginary friends.)	Think of yourself as a non-smoker. Put up no smoking signs. Don't let your friends smoke in your house.	Buy a different brand of cigarettes. Try lights or menthol if they are different.