

Actual Quitting: The First 2 Weeks



Spend lots of time in places which do not allow tobacco (theaters, libraries, non-smoking sections of restaurants.)

Try to limit food or sugar products in place of tobacco. Use low calorie foods, sugarless gum, ice water, mouthwash, or brushing teeth instead.

Make an appointment to have your car detailed.

Make an appointment to have your teeth cleaned.

Start or increase your regular exercise program.

Reward yourself for two weeks without Tobacco!!!

Triggers are anything that tells your brain that you should be using tobacco right now. You may or may not have a craving or urge. The time and place may just be a habit for you.

Driving
Waiting
Bowling
Fishing

Golfing
Watching TV
Parties
Work breaks

Drinking alcohol
Finishing a meal
Morning awaken-
ing
Talking on phone

Uncomfortable
situations
Emotions (angry,
sad, happy, bored)

What Can I Do?

My Triggers

What I Can Do Instead

Remember: Triggers are temporary! They will go away. Planning what to do will help you be more successful. Keep up the good work!