

**Smoking Cessation**  
Donna Henderson Acupuncture, Inc.

**Getting Prepared:**

- 1. Know why you smoke and what you enjoy about it now.**

You may like the way smoking makes you feel, more relaxed or more energized.  
You may like the way you feel being around your friends who smoke.  
Do you like the way a cigarette feels in your hand? In your mouth?  
Do you like the deep breathing you tend to do, especially when you exhale?  
Make a list of all the ways smoking benefits you personally.
- 2. Why do you want to quit smoking? Is it really for yourself or someone else?**

A big change needs to be for you, preferably because it's something you really want, not just to avoid something.  
What are your reasons for quitting? Write them down.
- 3. If you've ever quit smoking before, remember how you got started again.**

Were you stressed or feeling alone? What really enticed you to come back?  
Quitting smoking is like riding a bike; the more you try, the better you get.
- 4. Examine any barriers to quitting and staying quit and decide how you want to deal with them.**

Common barriers include the fear of gaining weight. Working through that may include deciding why weight is so important, how much weight gain you will tolerate, and what you will do to prevent and/or take it off if you gain any.  
Examples of preventative strategies may include low caloric substitutes to have something in your mouth, like toothpicks, ice, straws, and carrot or celery sticks.  
Another means could be walking after meals instead of smoking.
- 5. Understand your triggers.**

Common triggers include drinking coffee or other caffeine sources, alcohol, after meals, talking on the phone, driving, watching TV, breaks at work, drowsiness, and fatigue. You may have others. List each one.
- 6. Develop a strategy to compensate for triggering situations. You can avoid that situation or change your response to it.**

Now that you understand your habit, it's time to develop ideas to compensate for the benefits and triggers. If you are addicted to TV and you sit in front of the TV during the time of your favorite show and twiddle your thumbs, saying, "I'm not going to watch TV" over and over, you probably won't have much success.  
If, however, you develop a new hobby which keeps you busy, happy, and enjoying life so much that you forget about TV, you'll have a much easier time.  
Replace your habit with **joy**, anything that you truly enjoy and brings you pleasure. Consider the examples below:

<u>Trigger</u>	<u>Avoid</u>	<u>Change</u>
Drowsiness	Get plenty of sleep	Take a brisk walk. Wash face with hands.
Coffee	Gradually decrease	Drink something else, like juice
Phone	Give yourself some time off the phone	Do something else while talking; doodle, etc.
Meals		Take a walk after meals, drink cranberry juice and breathe in the cool taste
Friends	Stay away while they smoke. Call, but don't visit.	Develop relationships with non-smokers.

**7. Imagine yourself as a non-smoker. See, feel, smell, touch, and hear everything about it.**

The closer you can get to imagining changes you want, the easier it is to actually have them happen. Your image will be different than anyone else's but it may include smelling things clean and fresh. See and feel yourself relaxed and comfortable. Notice the place you usually keep your cigarettes. What's there?

Enjoy all that's around you and in you. Let yourself heal from the inside out.

**8. Set a quit date and prepare yourself for it.**

It doesn't have to be any particular day. It is helpful to give yourself a good three days to a week with nothing you really have to do. Pick a very low stress time for you. Especially the first couple of days, just stay in bed and sleep if you want to.

Decide what you are going to do with your cigarettes, lighters, and ashtrays.

Some want to give them away, others throw them out and one woman kept cigarettes placed neatly on her counters because she didn't want to feel deprived. Do what's right for you.

**9. Decide how you want the people in your life to support you and let them know.**

Often the biggest thing is to have other smokers not smoke around you or offer you a cigarette. Help them to understand that this is your decision and you are not being critical of them for continuing to smoke. This is what you want and you'd appreciate their support. If someone really keeps trying to pull you back, it may be helpful to let go of that relationship for now.

If you want your family and friends to congratulate you, call you, give you massages, stay out of your way or anything else, just let them know clearly.

## **10. Decide on other modalities to help you.**

Acupuncture, herbs, hypnosis, Emotion Free Technique, and western medications are some of the more common types of treatment.

Acupuncture works by placing small needles mostly in your ear and a few other points around your body. If you are not able to come daily for several days, you may have ear balls left in for you to stimulate as needed.

Herbs act by balancing your body's energy to assist you in feeling better. Stop smoking tea acts to make smoking taste terrible if you smoke after drinking the tea.

Hypnosis is also helpful for some people.

Emotion Free Technique is simple but effective, and is something you can do for yourself.

If you smoke within 30 minutes of waking up daily, you are generally considered to be quite addicted to nicotine. You might want to consider some form of nicotine replacement, especially if you don't do well after a smoking cessation trial of a few days. Your physician can prescribe western medications if you feel that's best for you.

## **11. Change the habit.**

Some find that making changes helps force the unconscious reaching for a cigarette into more conscious awareness. Changes may include: type of cigarette, using a different hand, standing instead of sitting or vice versa, looking at the cigarette and doing nothing else but smoking. You may think of others.

## **12. Say good-bye.**

Thank the cigarettes for what they have provided and taught you. Now you may want to really focus on that last cigarette, especially on putting it out as you leave that behind. Mentally thank whatever else has been important to you, like the store where you purchased them, the ashtrays, or your favorite smoking place.

## **Making The Break**

Your quit date has arrived, you are prepared with all your tools, you've said goodbye to the past and you open your eyes to a new day. You create the rest of your life.

Do only what you want to do for the next few days. Sleep as much as you want. It helps to get over the nicotine addiction. Once you are finished with the physical cravings, there is still the habit and all the things you attached to the habit. Remember your support system. Utilize all the help you want.

If you give in and have a cigarette, it is not the end of the world. You are a nonsmoker who simply slipped. It is like riding a bike. A little spill does not mean that you can't learn to ride your bike. You learn more about how to keep your balance each time you get back on. Use this as an opportunity to learn more about yourself and apply it to your strategy for changing this habit.