

What have I tried?

- ✓ 4mg patch - 1990
- ✓ Zyban - 1994
- ✓ Nicorette gum 1996
- ✓ Cold turkey - 2000
- ✓ Champix - 2004
- ✓ Cold Turkey - 2009

Learned?

- ✓ Every time I quit I was successful for a longer period of time
- ✓ I gained weight as I replaced my smoking habit with eating!
- ✓ I felt I could not socially participate in activities where there was smoking which resulted in depression.
- ✓ I learned that smoking is not only a physical dependence it is also psychological.
- ✓ Smoking is highly addictive and very hard to stop.

Pleased About?

- ✓ Each time I quit I stopped for a longer period of time.
- ✓ How my hair and clothing smelled
- ✓ My children and husband were very proud of me
- ✓ I felt that I had accomplished something very big in my life.

Concerned About?

- ✓ How am I going to change my habits?
- ✓ Depression
- ✓ Gaining weight
- ✓ My eating habits
- ✓ I want to quit smoking for my health and to live long enough to enjoy my grandchildren and an active senior life.
- ✓ Social outings where people smoke

Do Next?

- ✓ Find a friend to walk with
- ✓ Start yoga classes to help with stress
- ✓ Ask my family and friends to encourage and understand my bad days and provide positive support
- ✓ Write down my feelings when I am craving a cigarette

