Contemplation Stage:  
As you think about quitting, you may find yourself becoming more aware of how much you smoke. You may notice that you smoke when you’re stressed or anxious, or when you’re around friends who smoke. You may also notice that you smoke more when you’re bored or when you’re not ready to quit. This is the Pre-Contemplation Stage, in which you’re not yet ready to take action to quit smoking. But you’re thinking about it, and that’s a good start. To move forward, you need to set a quit date, and then stick to it. Set a date for when you want to quit, and then start counting down the days. This will help you stay focused and motivated. To help you set the date, consider the following:

- A recent health scare or diagnosis
- A birthday or other special occasion
- A major life change, such as starting a new job or moving to a new city
- A decision to quit smoking as a group, such as a workplace oder a military base

By setting a quit date, you’re not only telling yourself that you’re serious about quitting, but you’re also giving yourself a deadline. This will make it easier to stay on track and to overcome any obstacles that may arise.

While you’re not ready to quit, you can still make progress by doing some planning and preparation. You can make a list of things you’ll need to do when you do quit, such as finding a replacement for cigarettes, or changing your daily routine to avoid triggers. You can also ask for help from friends and family, or consider joining a support group. The more prepared you are, the easier it will be to quit when the time comes.

Planning Stage:  
Now that you’ve set a quit date, you’re in the planning stage. This is when you start to think about how you’re going to quit smoking. You may want to talk to your doctor or a health professional about the best way to quit. You might also want to try using a nicotine replacement therapy (NRT) product, such as a patch or gum. These products can help you manage withdrawal symptoms and increase your chances of quitting.

You can also make a list of things you’ll need to do when you do quit, such as finding a replacement for cigarettes, or changing your daily routine to avoid triggers. You can also ask for help from friends and family, or consider joining a support group. The more prepared you are, the easier it will be to quit when the time comes.

To help you prepare, consider the following:

- Make a list of things you need to do when you quit
- Ask for help from friends and family
- Consider joining a support group

By making a plan, you’re not only telling yourself that you’re serious about quitting, but you’re also giving yourself a roadmap to follow. This will make it easier to stay on track and to overcome any obstacles that may arise.

Maintenance Stage:  
As you continue to smoke, you’re in the maintenance stage. This is when you’re working to stay smoke-free. You may want to continue using nicotine replacement therapy (NRT) products, or consider trying other strategies, such as counseling or medication. You can also continue to make changes to your daily routine, such as avoiding triggers and finding new activities to replace smoking.

To help you stay smoke-free, consider the following:

- Continue using nicotine replacement therapy (NRT) products
- Consider trying other strategies, such as counseling or medication
- Continue to make changes to your daily routine

By continuing to work on quitting, you’re not only telling yourself that you’re serious about quitting, but you’re also giving yourself a chance to succeed. You can still make progress by doing some planning and preparing. You can make a list of things you’ll need to do when you do quit, such as finding a replacement for cigarettes, or changing your daily routine to avoid triggers. You can also ask for help from friends and family, or consider joining a support group. The more prepared you are, the easier it will be to quit when the time comes.

Termination Stage:  
And when you finally quit, you’re in the termination stage. This is when you’ve successfully quit smoking. You can now celebrate your achievement and begin enjoying all the benefits of being smoke-free.

To help you celebrate your success, consider the following:

- Celebrate your achievement
- Begin enjoying all the benefits of being smoke-free

By successfully quitting smoking, you’re not only telling yourself that you’re serious about quitting, but you’re also giving yourself a chance to succeed. You can still make progress by doing some planning and preparing. You can make a list of things you’ll need to do when you do quit, such as finding a replacement for cigarettes, or changing your daily routine to avoid triggers. You can also ask for help from friends and family, or consider joining a support group. The more prepared you are, the easier it will be to quit when the time comes.
You are on your way to successfully becoming and remaining smokefree. Congratulations again on your decision to quit smoking. By incorporating the behavior-changing techniques discussed in this guide into your everyday life, you are on your way to successfully becoming and remaining smokefree. Continue with your commitment to remain smokefree by reading this guide a few times, or calling 1-888-HABITROL, while you are仍 committed with the Habitrol® Take Control™ Support Program. Don’t forget to celebrate your successes along the way.

VII: The Habitrol® Take Control™ Support Program

Keep this card in your wallet, for easy access anytime.

10 Steps to Success

1. Ask a health care provider if it is safe for you to quit smoking.
2. Allow yourself to go through as many stages of the smoking habit as you need to quit smoking. If you need help, call 1-888-HABITROL.
3. To slow you down, drink a daily glass or two of water.
4. If you smoke, talk with your doctor about ways to quit smoking.
5. Visit your local hospital or clinic to learn about smoking cessation programs.
6. Ask a health care provider if it is safe for you to quit smoking.
7. Keep your smoking to a minimum.
8. Plan your daily activities and schedule your activities to keep from smoking.
9. Enlist the help of family and friends to support you.
10. Take a walk and renew your commitment.