

A guided resource as you navigate  
your recovery journey

# Quitting Support Journal

These resources are here to help guide you through the  
quitting process. Inside you will find activities, charts,  
exercises, and additional resources that will help you  
throughout your journey



# Motivation to Change

To change your behavior, it may be helpful to list your reasons for making the change.  
Complete the sections below. Try to be as specific as possible.

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## Reasons to Quit

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Reasons to Smoke/Vape

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

On a scale of 0 to 10, circle how IMPORTANT is it for you right now to quit smoking/vaping? 0 being not important at all and 10 being extremely important.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10

Why did you circle the number you chose? Why is this important or not so important to you?

On a scale of 0 to 10, circle how CONFIDENT are you that you can quit smoking/vaping? 0 being not confident at all and 10 being extremely confident.

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10

Why did you circle the number you chose? Why is your confidence level? What could boost your confidence?

## **Game Plan: Lifestyle Change**

As part of your game plan, you can plan to make changes in your daily behaviors that can help you remain smoke free. Below, list specific answers to some general lifestyle questions important to quitting and remaining smoke free.

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1. What will you do to make smoking/vaping products unavailable to you?
2. What will you do to increase time spent in non-smoke/vaping places or time spent doing non-smoke/vaping activities?
3. How can you develop a “buddy system” or use other ways to get other people to help support you when quitting?
4. What will you do to manage stress successfully?
5. What strategies will you use to maintain a healthy weight?
6. What will you do to become more physically active?

# Being In Control of Withdrawal Symptoms

You will most likely have withdrawal symptoms after you quit. These symptoms are good signs that your body is recovering. The symptoms may come and go, get stronger or weaker, or stay the same. Most symptoms end within **2 to 4 weeks**. Knowing this will help you stay present and move through your cravings.

When symptoms occur, you can distract yourself from them or reduce them. The table below tells you some things you can do. It is helpful to remind yourself that these symptoms will be over soon. You will not smoke/vape in spite of these symptoms.

<b><u>Withdrawal Symptom:</u></b>	<b><u>Things You Might Do:</u></b>
Cravings	Do something else; take slow deep breaths; tell yourself, "Don't do it." Chew gum, lollipop...
Anxiety	Take slow deep breaths; don't drink caffeine drinks; do other things
Irritability	Walk; take slow deep breaths; do other things
Trouble sleeping	Reduce caffeine consumption in half and end before 1pm. Don't take naps during the day; imagine something relaxing like a favorite spot; practice proper sleep hygiene
Lack of concentration	Do something else; take a walk
Tiredness	Exercise; get plenty of rest
Dizziness	Sit or lie down when needed; know it will pass
Headaches	Relax; take mild pain medications as needed
Coughing	Sip water, caffeine free tea with honey
Tightness in chest	Know it will pass; meditation and mindfulness; deep breathing
Constipation	Drink lots of water; eat high-fiber foods like vegetables and fruits
Hunger	Eat well-balanced meals; eat low-calorie snacks; drink cold water

**List Other Things You Could Do Here:**

# Coping Strategies Worksheet

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Certain high-risk situations for smoking/vaping can be successfully managed with three basic techniques. These include changing, escaping, or avoiding the situation.

If you always smoke/vape with your morning coffee, **CHANGE** to tea. You may decide to go home early to **ESCAPE** being around smoking/vaping friends. You may choose to **AVOID** going to certain bathrooms where classmates smoke/vape.

Based on the tobacco tracker, review your triggers to smoke/vape. When could you use these strategies to cope? Fill in the blanks.

**Change** the situation:

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**Escape** the situation:

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**Avoid** the situation:

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Basic techniques will work in some situations but not all. What you **think** and what you **do** is also very important. These are referred to as cognitive and behavioral techniques. It is important to learn and practice both. In fact, it is most effective when you combine both **THINKING** and **DOING** in a high-risk situation. Here is a list of examples. When would these techniques be helpful to you?

## **COGNITIVE TECHNIQUES**

## **When Will I Use This Coping Skill**

Positive Self-talk

Rote Response (*memorizing process using routine or repetition*)

Imagery

## **BEHAVIORAL TECHNIQUES (Add your own below!)**

- Deep breathing
- Quick inhalations
- Drinking water
- Physical activity
- Going to a smoke-free area
- Calling a support person

# Deep Breathing Relaxation Exercise

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This is one of the simplest relaxation methods, based upon meditative, deep-breathing technique. There are five things you need to do to prepare for this exercise.

## ***Getting Ready:***

1. Choose a quiet, comfortable environment where there are few distractions and you won't be disturbed.
2. Choose a day when you are least likely to be disturbed by others and you won't be worried about having to get somewhere right after your practice session.
3. Choose a word or phrase to repeat, either silently or aloud, while practicing your relaxation. This will help you to keep your mind from wandering during the practice session. The word "one" or "calm" are often recommended, but any simple, pleasing word will do.
4. Develop a passive "let it happen attitude while practicing. Don't worry about how well you are performing or about distracting thoughts. Simply continue repeating your special word or phrase.
5. Select a comfortable position. This is important to prevent undue muscular tension. A comfortable sitting position in a soft chair is probably best, as lying down may result in you falling asleep.

Those are the preliminaries. The procedure itself is very simple. There are five steps.

## ***Relaxing:***

1. Sit quietly in a comfortable position.
  2. Close your eyes.
  3. Relax all your muscles as fully and deeply as possible.
  4. Breathe easily and naturally through your nose. Become aware of your breathing and how you feel in your body. As you breathe out, say "one" or your special word or phrase either silently to yourself or aloud. For example, breathe in...then out, "one", in...out, "one", etc.
  5. Continue for 10-20 minutes. Open your eyes to check the time, if you wish, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later, with your eyes open. Do not stand up for a few minutes.
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# Quit Day!

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My quit day is:

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*Congratulations on choosing your quit day! This is a huge accomplishment!*

You have a community that is cheering you on. An affirmation is positive messaging that you can repeat to yourself during times of internal crisis. To use them as an effective cessation tool, establish a soothing internal dialogue in your mind and repeat these mini mantras to help react and manage cravings. Use some of the affirmations below if you're feeling overwhelmed. Add your own affirmations as well! You can do this!

- I can do hard things
- I am now healthier, happier and more relaxed
- I choose good health
- I deeply love and respect my body
- As of today, I only engage in habits that support my well-being
- Every day I notice positive new changes in my body
- I am calmly and confidently letting go of smoking/vaping
- I am in control of my life
- I am stronger than any habit.

# **Staying Quit: Coping with Difficult Situations**

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Cravings can be a hard part on your quitting journey. In order to help yourself get through a craving, you can practice the four D's to help you through.

1. Delay – Wait out the urge to smoke/vape. It will pass in a few minutes.
2. Deep breathing – Breathe in slowly and as deeply as you can, then breathe out slowly. Repeat this five times.
3. Drink water – Sip the water slowly and hold it in your mouth a while.
4. Distract – Talk to a friend, focus on the task you are doing, or get up and move around. Do something that takes your mind off smoking for a few minutes.

Below are situations/thoughts/feelings that can create bumps along the road to being smoke and vape-free. If you find yourself in one of these situations, remember your coping skills and **STOP, THINK and ACT**.

## **Problem 1: The Party Situation**

Slips/relapses commonly occur in a social situation, with other people who smoke or vape. This does not mean you can never go to a party again. It does mean you must plan how you will handle a craving if it occurs.

**Solution: “ACE” = AVOID, CHANGE, or ESCAPE**

One way to prepare is to role-play in your mind or with a friend the scenarios you are likely to encounter. You might handle situations by falling back to your basic coping skills—avoid, change, escape. For example, you can go to the bathroom, avoid conversations with people who vape or smoke, or call up your rote response [e.g., “I don’t do that anymore”] that you have used in the past.

My coping technique will be to \_\_\_\_\_.

Rehearse a couple of unique situations that might occur. Rehearse out loud, it might feel awkward at first, but, when it comes time to use this skill it will feel easier to put into practice.

## **Problem 2: Rationalization**

You may think, “One won’t hurt,” or “I can have just one,” or “I’ve been so good,” or “I deserve one.”

**Solution:**

- Stop the thought
- Take a deep breath
- Think, “One is not an option.”



"I need one after \_\_\_\_\_. I deserve it." If I hear myself saying this, I will \_\_\_\_\_.

### **Problem 3: The Crisis Situation**

In the past, smoking or vaping was trusty pal that helped you get through tough times. But now, they're not there for you to fall back on. What do you do?

**Solution: GOOD PLANNING.**

Ask yourself, "What is the worst thing that could happen in this situation?" and "Is having a rip of a vape pen or smoking going to change this situation?"

Some crises can't be anticipated. But other situations can be the result of poor planning. If you have crises daily, you may need to more closely examine how you plan your day.

"If I vape/smoke, I will cope with \_\_\_\_\_ better." If I hear myself saying this, I will \_\_\_\_\_.

### **Problem 4: Nostalgia**

You can't remember what was so bad about smoking/vaping—only what you liked about them. **Solution:** Think, "What are the good things I have gained by NOT smoking/vaping?"

You may think, "I really enjoyed \_\_\_\_\_ so much more when I was smoking/vaping." In these situations, I will say to myself: \_\_\_\_\_.

### **Problem 5: Celebration/"Reward"**

Again, like a trusty pal, smoking/vaping has been there for you in bad times and in good. But now you aren't treating yourself by smoking/vaping anymore. What do you do?

**Solution: STOP, THINK, and ACT.** Remember, if you hear yourself thinking or talking about rewarding yourself or celebrating by smoking/vaping, use your STOP, THINK AND ACT sequence to get yourself out of it. You may think, "How can I reward myself without smoking/vaping?"

Here's how: "I can \_\_\_\_\_."

### **Summary of Tips to Prevent**

- Stop the thought – Stop, Think, and Act
- ACE (Avoid, Change, Escape)
- Practice the 4 D's – Delay, Deep breathing, Drink water, Distract
- What is the worst thing that could happen in this situation? (Crisis)
- Ask yourself: "Is vaping/smoking going to change the situation?"

- What are the good things I've gained by not vaping/smoking? (Nostalgia)

Now go for a walk, chew some gum, and calculate how much you have or will save by not going back to smoking/vaping. You got this.

I will save \$\_\_\_\_\_ in one week.

I will save \$\_\_\_\_\_ in one month.

I will save \$\_\_\_\_\_ in one year.

**Include a brainstorm of other ways to support yourself in your quit process below:**

# Tobacco/Vape Use Tracker

Use this tracker to record when you smoke or vape and what is happening at the time. Understanding when and why you smoke will help you to control the urges that tempt you during your quitting process. Additional copies of this tracker are available on WesWell's website. Keep this tracker with you. For at least a few days, record when you use tobacco/vape products and make sure you include both weekdays and weekends.

<b>Craving Level:</b>	<i>0=None</i>	<i>1=A little</i>	<i>2=Some</i>	<i>3=A lot</i>
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Use Number	Time	Craving Level	What I Was Doing	Who I Was With	How I Was Feeling
1 (Example)	8:00AM	3	Walking to class	Alone	Stressed
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					



## **This Space Is Yours; This Space Is Safe**

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Remember, you can do this! It might take some time to figure out what works best for you on your quitting journey and that's okay! You are learning to be successful in the future each time you try a new resource or support. Don't forget to lean on your support systems for extra help and encouragement on your journey. If you slip up and smoke/vape, don't panic! Relapse is a part of the recovery journey. The good news is that you can get back on track by reexamining your motivations to quit. Use this as a learning opportunity to figure out what may have caused you to slip or relapse and use this information to know what your triggers may be so you can avoid these situations in the future or find a new way to avoid smoking in this situation. Reach out and WesWell will be happy to help you!

Take the rest of this journal to utilize as you see best fit. Doodle to get through cravings, take notes on how your feeling, new affirmations, write down other tools that can support you on your quitting journey, whatever will be most supportive.

