



Non-smoking contract

I have decided to quit smoking for good on

My reasons for quitting are:

1.

2.

3.

My activities for preparing to quit :

1.

2.

3.

Unterschrift :

My Signature/Name:

Signature / Name of the person who supports me:

10 rules for quitting smoking :

- 1.** Fix a **quitting date** and stick to it.
- 2.** After quitting, avoid **having a cigarette** at all costs, even one puff: the risk of a relapse is too great.
- 3.** Get rid of all your cigarettes, lighters and ash-trays.
- 4.** Write a list of all the disadvantages of smoking and the **benefits of quitting**.
- 5.** Use **nicotine replacement therapy**, **Zyban** or **Champix**. These products attenuate **withdrawal symptoms** (irritability, nervousness, anxiety, depression, concentration problems, disturbed sleep patterns, increased appetite, weight gain, cravings) and double your chances of quitting successfully.
- 6.** Ask others not to smoke in your presence. During the first few weeks, **avoid places where people smoke**. However, if you cannot - or do not want to- avoid these places, then decline all offers of cigarettes politely but firmly. Be proud that you no longer smoke!
- 7.** Tell your friends that you have stopped smoking. **Get support**.
- 8.** Change your routine to avoid places and situations where you used to smoke: e.g. leave the table as soon as the meal is over.
- 9.** Use diversionary activities to deal with **cravings** (e.g. go for a walk, drink water, chew gum or wash your hands). Cravings increase gradually, reaching a 'peak' and regressing spontaneously. The urge to smoke lasts no more than 5 minutes. As time passes, these cravings diminish in number and intensity until they disappear completely.
- 10.** Remind yourself that getting used to life without tobacco can be time consuming and often requires several attempts.