

# **GROUP 1**

# Welcome to the Relapse Prevention Program!

AND

## Congratulations on Your Success in the Smoking Cessation Program: You Are a Nonsmoker!

However, just as quitting smoking was at times difficult, staying quit can be quite challenging. The Relapse Prevention Group will offer you support and resources to help you stay quit. For approximately the next year, you will:

- Attend a regular group, which will start off meeting once a week, then once a month. The group will teach you skills to help you stay quit and provide support.
- Take the study medication (Chantix or placebo) in addition to your regular medication (\*Please remember that it is important that you inform us of any changes in your medications while you are in the study.\*)
- Complete research interviews. These interviews are very important because they help us help other smokers.

If you cannot attend a group or if you have questions, please contact us.

\_\_\_\_\_  
Group Leader

(\_\_\_\_) \_\_\_\_-\_\_\_\_

\_\_\_\_\_  
Research Coordinator

(\_\_\_\_) \_\_\_\_-\_\_\_\_

\_\_\_\_\_  
Research Coordinator

(\_\_\_\_) \_\_\_\_-\_\_\_\_

\_\_\_\_\_  
Psychologist and Group Leader

(\_\_\_\_) \_\_\_\_-\_\_\_\_

\_\_\_\_\_  
Psychiatrist and Study Physician

(\_\_\_\_) \_\_\_\_-\_\_\_\_



## Why do Successful Quitters Relapse?



Life problems or stress

Forgot how difficult it was to quit at first

Difficulty saying “no” or being assertive

Permission-giving beliefs

- “I will just have one.”
- “It wasn’t that hard to quit.”
- “I really deserve this.”
- “I’m really stressed out—I need a cigarette.”

Not finding pleasure in life other than cigarettes

Low social support for non-smoking

Not adopting other healthy lifestyle behaviors

Drinking or using drugs

Having cigarettes around

Not sleeping enough

Forgot how bad smoking felt

Feeling discouraged after a slip and giving up

## **High Risk Situations I: Situations That Involve Other People**

1. Watching others go out on smoke breaks at your day program or work place
2. Living with a family member or roommate who smokes
3. Being around a family member or friend you don't live with who smokes
4. Having a friend visit you who used to smoke in your apartment
5. Seeing a stranger on the street who is smoking. Smelling the cigarette and thinking a cigarette would taste good
6. An argument with a family member or friend
7. Another person telling you they don't think you'll stay quit
8. Driving with a family or friend who lights up a cigarette
9. Breaking up with a significant other
10. Seeing a friend or family member whom you haven't seen in several years
11. Having to attend a family gathering and feeling nervous about it
12. Having a neighbor stop by and ask if you want to join him/her for a cigarette

13. Getting a stressful phone call from a family member or friend
14. Walking through the smoking area on the way to your appointment with your psychiatrist or therapist
15. The stress of someone close to you being sick

Other high risk situations you can think of involving other people:

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***What I Am Enjoying About Being a Non-Smoker***

- 1.
- 2.
- 3.
- 4.

***What I Am Enjoying About Being a Non-Smoker***

- 1.
- 2.
- 3.
- 4.

***What I Am Enjoying About Being a Non-Smoker***

- 1.
- 2.
- 3.
- 4.

***What I Am Enjoying About Being a Non-Smoker***

- 1.
- 2.
- 3.
- 4.

***What I Am Enjoying About Being a Non-Smoker***

- 1.
- 2.
- 3.
- 4.

***What I Am Enjoying About Being a Non-Smoker***

- 1.
- 2.
- 3.
- 4.

## **QUIZ: Relapse Prevention Group 1**

1. Which of the following is an example of a permission giving belief?
  - a) I worked really hard to quit smoking, I should give myself permission to reward myself with a piece of chocolate cake.
  - b) It really wasn't that hard to quit. I could have just one cigarette.
  - c) I need to ask my psychiatrist for permission to change my medication.
  
2. Having cigarettes around the house for any reason is a high risk situation for most people.

True	False
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3. If the people close to you support you as a non-smoker, it will be easier to stay quit.

True	False
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4. Why is it important to attend all of the relapse prevention groups?
  - a) The relapse prevention groups are a way to get support from other people for staying quit.
  - b) The groups will help you plan so that an urge to smoke or a slip doesn't turn into a relapse
  - c) The times that people don't want to come to group are usually the times that they are not doing well with staying quit.
  - d) All of the above

# **GROUP 2**

## **High Risk Situations II: Daily Life Events**

1. Walking past the convenience store where you used to buy cigarettes
2. Drinking alcohol
3. Feeling like celebrating on a special holiday or your birthday
4. Getting a large bill in the mail and being very worried about your financial situation
5. Having difficulty sleeping for a few nights in a row
6. Being admitted to a hospital for psychiatric or medical reasons
7. Waiting for the bus or train in the cold
8. Skipping a couple doses of your psychiatric medication and feeling “out of it” or agitated
9. Being told that you need to move to a new apartment or residential program out of the blue
10. Having trouble sleeping for several days or more
11. Having legal problems
12. Being told that you have a serious health problem
13. Starting a new job or restarting school
14. Gaining weight
15. Watching a TV program or a movie where someone is smoking

16. Sitting around, feeling bored during your shift at work
17. Seeing a big sale on cigarettes at your local grocery store
18. Having something important break down in your apartment (e.g., toilet, fridge, leak, flood, etc)

Other high risk situations you can think of involving events in daily life:

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## Sample Relapse Prevention Plan

What will you do this week to make sure you don't buy or borrow cigarettes?  
I will stay on the other side of the street when I pass the convenience store where I used to buy cigarettes.

I will tell my friends not to let me bum a cigarette because I'm working hard to stay quit.

What will you do this week to spend more time in places where people are not smoking?

I'll walk to the coffee shop and treat myself to a cup of coffee instead of going out on smoke breaks.

I'll avoid the front porch at my house and will ask staff if we can make a non-smoking area outside in the future.

How will you get support from other people to stay quit?

I'll come to relapse prevention group or will call the Good Samaritans 1-877-870-4673 or 1-800-784-2433 to talk it over with someone when I have an urge to smoke.

What will you do to manage stress?

I'll plan to walk for 10 minutes around the block at least 3 times this week.

## **Relapse Prevention Plan**

What will you do this week to make sure you **don't** buy or borrow cigarettes?

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What will you do this week to spend more time in places where people are **not** smoking?

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How will you get support from other people to stay quit?

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What will you do to manage stress?

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## **QUIZ: Relapse Prevention Group 2**

1. What are some of the reasons people slip or relapse?
  - d) Continue to buy or borrow cigarettes.
  - e) Don't have enough support from others to stay quit.
  - f) Don't plan about how to stay away from smoking situations and activities.
  - g) Stress
  - h) All of the above
  
2. You can call the Good Samaritans any time you find yourself in a difficult situation, including having a strong urge to smoke.

<b>True</b>	<b>False</b>
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3. Everyone in this group should follow the exact same plan to prevent relapse.

<b>True</b>	<b>False</b>
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4. Which of the following is a way to increase support from others for staying quit?
  - a) Isolate yourself from other people in general.
  - b) Ask friends and family not to smoke around you and explain to them that you are working hard to stay quit.
  - c) Start watching TV in the evenings.

# **GROUP 3**

## **Solving Problems and Achieving Goals**

One way to decrease stress in daily life and to make progress on life goals is to learn skills for effective **problem-solving**. If you have been experiencing difficulty in achieving a particular goal, it may be helpful to try using a new strategy to solve the problem. The following Problem-Solving exercise can be used to help you come up with new ideas and a new way to work on achieving a goal. The more you practice this strategy, the better you will become at solving problems and achieving goals.

Practicing a problem-solving strategy can help decrease stress by helping you come up with new ways to deal with daily problems or to accomplish life goals. Problem solving can help you.

### **Steps for Problem Solving:**

Many people get frustrated when they try to solve problems and achieve goals because they do not go through all of the steps that are important for successful problem solving. These steps include:

- 1) Identify the problem or goal,
- 2) Think of possible solutions,
- 3) Consider the pros and cons of each possible solution,
- 4) Pick the best one,
- 5) Make a specific plan to carry it out,
- 6) Evaluate whether or not the solution worked.

#### **Step 1: Clearly Identify the Problem or Goal**

The first step for tackling a problem or achieving a goal is to clearly define the problem that you are trying to solve or the goal that you are hoping to achieve. Some examples of problems or goals that you can work on using this problem-solving exercise include:

1. I am tempted to buy cigarettes every time I walk by the convenience store.
2. My friend smokes in front of me, and that makes me want a cigarette.
3. I get panicky sometimes and feel like a cigarette is the only thing that will help.

#### **Step 2: Brainstorm about Possible Solutions**

The next step is to come up with a few possible solutions to the problem or goal. Write down any possible solutions that come to mind without considering whether or not they will work. You will be evaluating the pros and cons of each idea later on. For example, if the problem you decide to work on is “I am tempted to buy cigarettes every time I walk by the convenience store,” your list of possible solutions might look like this:

##### **Possible solutions:**

1. Walk a different way to the bus so I don’t pass the convenience store
2. Tell the people at the convenience store that I quit smoking
3. Don’t carry extra money so I can’t buy cigarettes
4. Buy a coffee on the way to the bus so I have something else to think about

### **Step 3: Consider the Pros and Cons of Each Possible Solution**

Once you have made a list of all the possible solutions you can think of, it is time to evaluate the pros (advantages) and cons (disadvantages) of each possible solution. Using the example, “I am tempted to buy cigarettes every time I walk by the convenience store” this step might look like this:

Possible solution	Pros	Cons
1. Walk a different way to the bus so I don't pass the convenience store	<ul style="list-style-type: none"><li>▪ I would not be tempted</li><li>▪ More exercise</li></ul>	<ul style="list-style-type: none"><li>▪ More time to get to the bus</li><li>▪ I like my routine</li></ul>
2. Tell the people at the convenience store that I quit smoking	<ul style="list-style-type: none"><li>▪ I might feel like I can't buy cigarettes once I tell them</li></ul>	<ul style="list-style-type: none"><li>▪ There might be someone different there one day</li></ul>
3. Don't carry extra money so I can't buy cigarettes	<ul style="list-style-type: none"><li>▪ I couldn't buy cigarettes</li></ul>	<ul style="list-style-type: none"><li>▪ I couldn't buy coffee or other things</li><li>▪ I might need money in an emergency</li></ul>
4. Buy a coffee on the way to the bus so I have something else to think about	<ul style="list-style-type: none"><li>▪ It would keep me busy</li><li>▪ It gives me something to look forward to</li></ul>	<ul style="list-style-type: none"><li>▪ Costs money</li></ul>

### **Step 4: Pick the Best Solution or Combination of Solutions**

Once you have considered the pros and cons of each possible solution, you are ready to pick a solution to try. You might choose just one of the options or decide to try a combination of several of the options. For example, for the situation described above, a person might choose the following solution:

**Solution chosen:** Walk a different way to the bus so I don't pass the convenience store and buy a coffee if I'm running late and don't have time to walk the long way

## **Step 5: Make a Specific Plan to Carry Out the Solution you Chose**

Now that you have chosen a solution to try, it is important to make a specific plan for carrying out this solution. The plan should address the following important questions:

1. **Tasks.** What specifically will you do to carry out the plan?
2. **Time-frame.** When will different parts of the plan be accomplished?
3. **Resources.** Are any special resources needed to carry out the plan (e.g., money, skills, information?)
4. **Possible obstacles.** What could possibly interfere with successfully carrying out the plan? How could these obstacles be avoided or dealt with if they occur?

For our example, the specific plan might look like this:

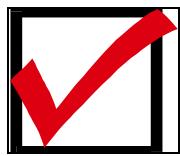
<b>Tasks:</b>	I will make sure I know the other route by testing it out.
<b>Time-frame:</b>	I will do this on the way home.
<b>Resources:</b>	Find my alarm clock and set it for 10 minutes earlier so I have time. Have \$3 in my wallet in case I decide to buy coffee.
<b>Possible obstacles:</b>	I might be tempted to walk past the convenience store and to save money by not buying the coffee—I will plan to remind myself why I quit and rehearse what to do if I start thinking this way.

## **Step 6: Evaluate whether or not the solution worked.**

The final step for effective problem-solving is to evaluate whether or not the solution you chose and carried out worked. If the solution did not work, it can be helpful to determine what got in the way and whether or not it might be helpful to try again or to choose a different solution to try.

## **Practicing Problem-Solving**

The form on the following pages can be used to help you practice problem-solving on your own. The more you practice this, the better you will get at tackling problems and achieving goals. You can practice problem-solving on your own or with the help of a friend, family member, or clinician.



# Steps of Problem Solving

(To help cope with high-risk situations for relapse)



## Step 1: Identify the problem or goal

*What is the situation that is making it difficult for you to stay quit?*

*What is the goal you are trying to accomplish?*

## Step 2: Think of solutions

*What are some possible solutions?*

## Step 3: Think about pros and cons

*What are the good things and not so good things about each?*

## Step 4: Pick a solution

*Which solution or combination of solutions looks the best?*

## Step 5: Make a plan

*What do you need to do to try it?*

## Step 6: Rate the solution

*How well did it work?*



# Solving My Problem



My problem or goal is: \_\_\_\_\_

Some possible solutions are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The one I picked was: \_\_\_\_\_

The reason I picked this one was: \_\_\_\_\_  
\_\_\_\_\_

What I needed to do to make this work was: \_\_\_\_\_  
\_\_\_\_\_

This is how well it worked:

Very well

A little

Not at all



# Solving My Problem



**The problem is:** After I accomplish something, I start to think that I deserve a cigarette.

**Some possible solutions are:**

- Have some of my favorite snacks around as a treat
- Remind myself that I want to be healthy
- Put some clothes I want to buy on layaway so that I will save my money for that
- Call one of my friends who quit smoking 5 years ago
- Just give in and have one cigarette once in awhile
- Have a cup of coffee
- Wash dishes to distract myself

**The one I picked was:** Having snacks around and also putting clothes on layaway

**The reason I picked this one was:** This way I'm treating myself, but also thinking about not putting on weight so I can fit into the clothes I want. Having a snack and thinking about my new clothes is also something I can do anytime.

**What I needed to do to make this work was:** Shop for some treats. Save my money and plan to clothes shop with my friend this weekend.

**This is how well it worked:**

<input checked="" type="radio"/> Very well	A little	Not at all
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## **Relapse Prevention Plan**

What will you do this week to make sure you don't buy or borrow cigarettes?

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What will you do this week to spend more time in places where people are not smoking?

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How will you get support from other people to stay quit?

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What will you do to manage stress?

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## **QUIZ: Relapse Prevention Group 3**

1. Number the following steps of problem-solving in the correct order from 1 to 5 where 1 = the first step and 5 = the last step.

- \_\_\_ Evaluate how well the solution worked.
- \_\_\_ Evaluate the good and bad parts of each possible solution
- \_\_\_ Choose which solution or combination of solutions you want to try
- \_\_\_ Brainstorm possible solutions
- \_\_\_ Identify the problem or goal

2. Problem-solving can be used to work on a problem or to make steps on a goal.

**True                      False**

3. Getting ideas from other people is one benefit of doing problem-solving exercises in a group or with another person.

**True                      False**

4. Which of the following is a way to help you not give yourself permission to smoke?

- a) Tell people you are only quitting for one year.
- b) Remind yourself that telling yourself you will only have one cigarette will lead to smoking more cigarettes.
- c) Picture yourself celebrating your next birthday with a cigarette as a way to motivate yourself to stay quit until then.

# **GROUP 4**

# Permission-Giving Beliefs

## What is a permission-giving belief?

A permission-giving belief is telling yourself it is OK to have a cigarette after you have given up smoking

## Here are some examples:

### Deserving a Cigarette

“I’ve had a stressful day. I really deserve this cigarette.”

“I’ve been really good about not smoking. I’ve earned the right to have one right now.”

### Thinking You Can Only Have One

“I’m still quit. I’ll just have one.”

“It’s not like I’m going to buy a pack. I’ll just bum this one off my friend.”

### Telling Yourself it Was Not So Difficult to Quit

“I quit once. I can buy a pack now and quit again later.”

“Quitting was easy. I’m not that addicted, so it’s not a big deal if I smoke every once in a while.”

### Telling Yourself that Smoking Was Not So Bad

“I’m coughing just as much now. It must not have been the smoking.”

“The experts are always changing what they say is good and bad for you--maybe they are going to say that smoking is actually not bad for you.”

“Plenty of people smoke and never get sick.”

## Responding to Permission-Giving Beliefs and Remaining Quit

- 1) Tell yourself that you do deserve a reward, but that cigarettes are not an option now that you are a non-smoker. Ask yourself, "What else can I do for myself?"
- 2) Remind yourself that thinking you can stop at a few cigarettes has always led to more cigarettes in the past. This is because nicotine is a drug and the nature of addiction is for people to want more.
- 3) Do not underestimate how much effort it has taken for you to quit and to remain quit. This is most likely the single goal that you have spent the most time on in the past 6 months--stay focused!
- 4) Review your reasons for quitting index card:
  - Try to picture how difficult it was to walk up stairs and hills without getting out of breath when you were a smoker.
  - Remind yourself of how dirty your fingers and nails were and how the smell of smoke stuck to your clothes, furniture, and walls.
  - Think about how nice it is to be able to breathe fresh air and to know that you smell fresh and clean as a non-smoker.

## **Relapse Prevention Plan**

What will you do this week to make sure you don't buy or borrow cigarettes?

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What will you do this week to spend more time in places where people are not smoking?

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How will you get support from other people to stay quit?

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What will you do to manage stress?

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**Ways I Give Myself Permission To Smoke**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ways I Give Myself Permission To Smoke**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ways I Give Myself Permission To Smoke**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Ways I Give Myself Permission To Smoke**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I Need to Remember**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I Need to Remember**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I Need to Remember**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What I Need to Remember**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **QUIZ: Relapse Prevention Group 4**

1. Which of these are types of permission-giving beliefs?
  - i) Thinking you deserve a cigarette.
  - j) Forgetting how hard it was to quit.
  - k) Asking for permission to go on a smoke break.
  - l) Thinking you can have only one cigarette
  - m)a and b
  
2. The way you talk to yourself about quitting is a powerful factor in staying quit.

**True                      False**

3. Once you tell yourself that it is okay to smoke one or two cigarettes a day, you are at a high risk for smoking more over time.

**True                      False**

4. Circle whether the following are likely to be helpful or unhelpful ways of coping with permission-giving beliefs.

- a) Remind yourself of why you quit smoking in the first place.

**Helpful                      Not Helpful**

- b) Remind yourself of how hard you worked to quit

**Helpful                      Not Helpful**

- c) Find other ways to reward yourself besides cigarettes

**Helpful                      Not Helpful**

# **GROUP 5**



# Steps of Problem Solving

(To help cope with high-risk situations for relapse)



## Step 1: Identify the problem or goal

*What is the situation that is making it difficult for you to stay quit?  
What is the goal you are trying to accomplish?*

## Step 2: Think of solutions

*What are some possible solutions?*

## Step 3: Think about pros and cons

*What are the good things and not so good things about each?*

## Step 4: Pick a solution

*Which solution or combination of solutions looks the best?*

## Step 5: Make a plan

*What do you need to do to try it?*

## Step 6: Rate the solution

*How well did it work?*



# Solving My Problem



My problem or goal is: \_\_\_\_\_

Some possible solutions are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The one I picked was: \_\_\_\_\_

The reason I picked this one was: \_\_\_\_\_

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What I needed to do to make this work was: \_\_\_\_\_

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This is how well it worked:

Very well

A little

Not at all



# Solving My Problem



**The problem is:** When I see people smoking, I have a strong craving for a cigarette.

**Some possible solutions are:**

- Keep my survival kit full so I keep my mouth busy
- Avoid people who are smoking
- Use an ipod to keep myself distracted
- Take a different walking route than usual so I don't see smokers

**The one I picked was:**  
Avoid smokers and use my ipod.

**The reason I picked this one was:** It's too tempting to be around smokers and I enjoy listening to music, so I won't feel deprived.

**make this work was:** Make sure I recharge my ipod and put new songs on it.

**This is how well it worked:** Excellent!! I'm still quit.

## **QUIZ: Relapse Prevention Group 5**

1. Fill in the missing steps of problem-solving

- 1) Identify the problem or goal
- 2) Brainstorm possible solutions
- 3) Evaluate the good and bad parts of each possible solution
- 4) \_\_\_\_\_
- 5) Evaluate how well the solution worked.

2. Problem-solving can be used to work on a problem or to make steps on a goal.

**True                  False**

3. Getting ideas from other people is one benefit of doing problem-solving exercises in a group or with another person.

**True                  False**

4. Which of the following are some ideas about how to handle cravings when you see someone smoking?

- a) Keep your survival kit full of hard candies, gum, toothpicks or anything else that will keep your mouth busy
- b) Test yourself by going up to the person with the cigarette to see how strong your willpower is not to smoke
- c) Have an unlit cigarette in your mouth to satisfy the craving.

# **GROUP 6**

## Saying No! How to Become More Assertive About Being a Non-Smoker

### **Situations Where Assertiveness Can Help:**

- Friend comes over to your apartment and starts smoking
- Friend offers you a cigarette while at day program
- Someone in your family lights up a cigarette in front of you
- People in your house or living situation ask you if you want to smoke

### **Ways to Be Assertive:**

- Post a sign in your house saying you are a non-smoker
- Ask people not to smoke around you because you are concerned about your health
- State clearly to all your friends and family that you have quit smoking

### **How to Say No to Cigarettes in 3 Steps:**

- **Step 1:** Simply and Politely State What Bothered You:

Example: "When you offered me a cigarette yesterday even though you knew that I quit..."

- **Step 2:** Clearly and Simply State How You Felt at the Time (Use "I Statements"):

Example: "I felt frustrated when you offered me a cigarette."

- **Step 3:** Let the person know what you want for next time. Be specific!

Example: "In the future, I'd appreciate it if you wouldn't offer me a cigarette next time."

### **Remember:**

These steps can help you be assertive in specific situations to improve communication with others.

Assertiveness is important because it helps you reach your goals without seeming impolite

Despite your best efforts some people may still not change their behaviors. BUT: by being assertive, you have given yourself the best chance of getting support and you will feel better about your decision to be assertive.

## Relapse Prevention Plan

What will you do this week to tell others that you have quit smoking or that you **don't** want them to smoke in your place?

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What will you do this week to make sure you **don't** buy or borrow cigarettes?

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What will you do this week to spend more time in places where people are **not** smoking?

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How will you get support from other people to stay quit?

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What will you do to manage stress?

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## **QUIZ: Relapse Prevention Group 6**

1. Which of these are reasons that people sometimes don't tell other people that they have quit smoking?

a) It seems like bragging to say this.

b) They don't want smoker friends to think that they don't want to hang out with them anymore.

c) They don't want other people to expect them to stay quit forever.

d) They don't want other people to tell them that they don't think they will be able to do it.

e) All of the above

2. Which of these is an example of clear, assertive communication from someone who has quit and was offered a cigarette?

a) "I have a cold so I can't smoke."

b) "Thanks, I'll take it."

c) "I don't smoke anymore. Thank you anyway."

3. If someone I care about told me that they didn't smoke, I would feel happy for them.

**True**

**False**

# **GROUP 7**



# Steps of Problem Solving

(To help cope with high-risk situations for relapse)



## Step 1: Identify the problem or goal

*What is the situation that is making it difficult for you to stay quit?  
What is the goal you are trying to accomplish?*

## Step 2: Think of solutions

*What are some possible solutions?*

## Step 3: Think about pros and cons

*What are the good things and not so good things about each?*

## Step 4: Pick a solution

*Which solution or combination of solutions looks the best?*

## Step 5: Make a plan

*What do you need to do to try it?*

## Step 6: Rate the solution

*How well did it work?*



# Solving My Problem



My problem or goal is: \_\_\_\_\_

Some possible solutions are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The one I picked was: \_\_\_\_\_

The reason I picked this one was: \_\_\_\_\_  
\_\_\_\_\_

What I needed to do to make this work was: \_\_\_\_\_  
\_\_\_\_\_

This is how well it worked:

Very well

A little

Not at all



# Solving My Problem



**The problem is:** My friends keep offering me cigarettes.

**Some possible solutions are:**

- Avoid my friends until I feel stronger about being quit.
- Tell them I quit and thank you anyway.
- Just take the cigarette, but try not to inhale.
- Take the cigarette and tell them I'll smoke it later.

**The one I picked was:** Tell them I quit and thank you anyway.

**The reason I picked this one was:** It's too tempting to have cigarettes in my mouth or on me and I don't want to avoid my friends.

**What I needed to do to make this work was:** Practice saying it.

**This is how well it worked:** Pretty good, but last night I had one when a friend offered it because I didn't tell him yet that I had quit.

## **QUIZ: Relapse Prevention Group 7**

1. Fill in the missing steps of problem-solving

- 1) Identify the problem or goal
- 2) \_\_\_\_\_
- 3) Evaluate the good and bad parts of each possible solution
- 4) \_\_\_\_\_
- 5) Evaluate how well the solution worked.

2. Problem-solving can be used to work on a problem or to make steps on a goal.

**True                      False**

3. Getting ideas from other people is one benefit of doing problem-solving exercises in a group or with another person.

**True                      False**

4. Which of the following seems like the best way to handle being offered a cigarette by someone?

- a) Change topics and pretend you didn't hear them.
- b) Tell the person in no uncertain terms that you do not smoke.
- c) Tell them you need to get a drink and will be right back.

# **GROUP 8**

# 25 Fun Ways to Reward Yourself

## Take a trip:



- ⊕ to the beach so that you can swim, take beautiful walks, or just relax
- ⊕ to a lake or pond so that you can swim, walk, sit, and enjoy the scenery
- ⊕ to a park so you can enjoy people-watching or sitting on a park bench
- ⊕ to the movies for entertainment
- ⊕ to the mall or stores



## Enjoy an activity:



- ⊕ read a book for fun or go to a bookstore and browse
- ⊕ go for a walk in a pretty area (a beach, park, or other fun place)
  - ⊕ explore a new area of Boston that you haven't spent much time in
  - ⊕ go for a bike ride
    - ⊕ fly a kite



## Eat well:



- ⊕ buy yourself nice fresh fruits and vegetables
  - ⊕ bake cookies
- ⊕ cook a fancy dinner for yourself
- ⊕ go out to dinner with a friend or relative
- ⊕ pack a picnic lunch and bring it to a park or to another pretty place



drink  
Pepsi

## Enjoy a nice treat or a dessert:



- ⊕ a fresh muffin
- ⊕ a brownie
- ⊕ a cookie
- ⊕ a doughnut
- ⊕ an ice cream



## Rewarding Yourself as a Non-Smoker

When you smoked, you probably used to smoke sometimes as a way of rewarding or treating yourself. Now that you are a non-smoker, you are probably missing the rewarding part of smoking. Because missing the rewarding and enjoyable parts of smoking puts you at risk for relapse, it is very important that you begin rewarding yourself in other ways now that you are a non-smoker. (Remember, if you smoked a pack a day, you used to reward yourself 20 times a day!)

What are some things that you used to do for fun? Things you don't do at all anymore or not as often as you would like?

- Go to movies
- Take a trip
- Call a friend
- Go to a park
- Go to cultural events
  - (museums, plays)
- Go shopping
- Read the newspaper or a magazine
- Go for a drive
- Play a musical instrument
- Go for a walk
- Exercise
- Go out for a meal
- Buy yourself a special coffee or tea

What can you imagine trying to do again this week?

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## **QUIZ: Relapse Prevention Group 8**

1. There were parts of smoking cigarettes that were enjoyable.

**True**

**False**

2. Someone who smokes a pack a day and enjoys all of their cigarettes has at least how many minutes of enjoyable activity per day just because they are smoking?

- a) 40 minutes
- b) 2 hours
- c) 3 hours
- d) 4 hours

3. Quitters who do not replace the enjoyment of smoking with some other activity may be at higher risk of relapse than quitters who do replace smoking with something else they enjoy.

**True**

**False**

# **GROUP 9**



# Steps of Problem Solving

(To help cope with high-risk situations for relapse)



## Step 1: Identify the problem or goal

*What is the situation that is making it difficult for you to stay quit?*

*What is the goal you are trying to accomplish?*

## Step 2: Think of solutions

*What are some possible solutions?*

## Step 3: Think about pros and cons

*What are the good things and not so good things about each?*

## Step 4: Pick a solution

*Which solution or combination of solutions looks the best?*

## Step 5: Make a plan

*What do you need to do to try it?*

## Step 6: Rate the solution

*How well did it work?*



# Solving My Problem



My problem or goal is: \_\_\_\_\_

Some possible solutions are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The one I picked was: \_\_\_\_\_

The reason I picked this one was: \_\_\_\_\_

\_\_\_\_\_

What I needed to do to make this work was: \_\_\_\_\_

\_\_\_\_\_

This is how well it worked:

Very well

A little

Not at all



# Solving My Problem



**The problem is:** I'm not having fun as a non-smoker.

**Some possible solutions are:**

- Pick up a project that I started and never finished.
- Start going to the senior center again.
- Start going to AA again.
- Volunteer to help children read.
- Take an exercise class.

**The one I picked was:** Take an exercise class.

**The reason I picked this one was:** This is the one that is the most fun and what I really need is something healthy and fun to do.

**What I needed to do to make this work was:** Call and sign up.

**This is how well it worked:** It worked great, now I go out for coffee after class with some of my friends and I'm having more fun than I expected!

## **QUIZ: Relapse Prevention Group 9**

1. Fill in the missing steps of problem-solving

1) \_\_\_\_\_

2) \_\_\_\_\_

3) Evaluate the good and bad parts of each possible solution

4) \_\_\_\_\_

5) Evaluate how well the solution worked.

2. Which of the following seems like the best way to handle starting to miss the enjoyment of smoking?

- a) Have a glass of wine or beer instead of smoking.
- b) Get involved in an activity you truly enjoy that isn't a trigger for smoking.
- c) Go to therapy.
- d) Eat cake or ice cream after lunch and dinner to replace smoking.

# **GROUP 10**

## **Getting Support from Others to Stay Quit**

Getting support and encouragement from others while you are working on staying quit is important. For example, someone might congratulate you for quitting, which might help you stay quit. On the other hand, someone might offer you a cigarette—or tell you “You are just going to start smoking again”—which might be unhelpful.

Think about what others are doing that is supportive in helping you stay quit. Then think about what others are doing that may *not* be supportive or helpful to you as you work on staying quit.

<b>Helpful</b>	<b>Unhelpful</b>
People congratulate me and tell me they are proud of me for quitting.	People tell me that I am going to relapse so I might as well just get it over with and have a cigarette.
People don't light up a cigarette around me because they know I'm a non-smoker.	People smoke around me, blow smoke in my face, and leave their cigarettes out where I can see them.
People tell me that I look healthier since I stopped smoking.	People tell me that I should go back to smoking because I've gained weight since I stopped.
People are sometimes willing to give up smoking so that we can go out together and buy a coffee.	People leave me alone during breaks because they all want to go outside and smoke.

### ***What Helps?***

List some things that other people in your life do that are **supportive** and **helpful** to you for not smoking:

1. **Mom told me she is proud of me for quitting.**

2. \_\_\_\_\_

3. \_\_\_\_\_

### ***What Doesn't Help?***

Now list some things that other people in your life do that are **unsupportive**, **unhelpful**, or make it **more difficult** for you to not smoke:

1. **My friend comes over to my apartment and lights up a cigarette.**

2. \_\_\_\_\_

3. \_\_\_\_\_

## **How Can You Help People Help You?**

In the previous worksheet, you identified things that people in your life do that are supportive of your quitting smoking. Don't forget to thank those people for being so encouraging and helpful!

You also identified some things that people are doing that are not helpful. It can be difficult to know how to tell people that they are being unhelpful. It can be uncomfortable to express a negative feeling, and you may be worried that they will get angry or upset, **BUT**, it is important that you tell them, because you have worked so hard to quit!

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### **A few important tips about talking to someone about changing what they do or say around you:**

1. Make good eye contact.
2. Speak clearly, firmly, but also in a friendly way.
3. Be direct and specific about what you want them to do or stop doing.
4. Thank them in advance for working on being more helpful to you.
5. Remember to stay calm and non-accusing. Sometimes people may be doing something that is unhelpful without even realizing it!

### **Here's an example:**

You: "Sally, you may know that I am trying to quit smoking. When you leave the full ashtrays around the house it makes me want to smoke."

Sally: "I didn't realize that I was doing that."

You: "I didn't think you did. But if you would try to keep them emptied, that would be really helpful to me."

Sally: "I'll try harder because I know that you worked hard to quit."

You: "Thank you Sally. I really appreciate your support of my being a non-smoker."

**Homework: Asking for What You  
Need From Others to Stay Quit**

**What can you ask other people in your life TO STOP DOING in order to be more supportive of you trying to quit?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What can you ask other people TO DO in order to be more supportive of you trying to quit?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

***Practicing these skills ahead of time can make the real conversation a lot easier; give it a try in group!***

## **QUIZ: Relapse Prevention Group 10**

1. Hanging around with other smokers makes it more likely that someone who has quit smoking will slip or relapse.

**True**

**False**

2. What are some ways of spending more time with non-smokers?

- a) Get involved with an activity that is likely to attract non-smokers (like Jogging).
- b) Volunteer for an organization that is likely to attract non-smokers (like The American Cancer Society).
- c) Think about who the non-smokers are in your daily life and make conversation with them
- d) All of the above

3. Non-smokers are better sources of support for staying quit than smokers are.

**True**

**False**

# **GROUP 11**



# Steps of Problem Solving

(To help cope with high-risk situations for relapse)



## Step 1: Identify the problem or goal

*What is the situation that is making it difficult for you to stay quit?*

*What is the goal you are trying to accomplish?*

## Step 2: Think of solutions

*What are some possible solutions?*

## Step 3: Think about pros and cons

*What are the good things and not so good things about each?*

## Step 4: Pick a solution

*Which solution or combination of solutions looks the best?*

## Step 5: Make a plan

*What do you need to do to try it?*

## Step 6: Rate the solution

*How well did it work?*



# Solving My Problem



My problem or goal is: \_\_\_\_\_

Some possible solutions are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The one I picked was: \_\_\_\_\_

The reason I picked this one was: \_\_\_\_\_  
\_\_\_\_\_

What I needed to do to make this work was: \_\_\_\_\_  
\_\_\_\_\_

This is how well it worked:

Very well

A little

Not at all



# Solving My Problem



**The problem is:** All of my friends smoke.

**Some possible solutions are:**

- Make new friends.
- Call someone I haven't talked to in awhile who wasn't a smoker.
- Hang out more with my sister and brother (who don't smoke).

**The one I picked was:** Call my old friend and go out to dinner with my sister or brother once a week.

**The reason I picked this one was:** It's hard to make new friends so I thought this would be more realistic.

**What I needed to do to make this work was:** Call all 3 of them--ask my sister and brother to go out to eat once a week and ask my old friend if he'd like to have coffee sometime.

**This is how well it worked:** My old friend's number was disconnected, so I didn't get to talk to him, but I tried. My sister and I have been going out about every other week, so that's going well, but my brother gets too busy at work and keeps cancelling. Overall it's working OK, but I still need some more non-smokers in my life.

## **QUIZ: Relapse Prevention Group 11**

1. Fill in the missing steps of problem-solving

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

5) Evaluate how well the solution worked.

2. Which of the following seems like the best way to handle not having people in your life who are non-smokers?

- a) Hang around with smokers anyway and use willpower not to smoke.
- b) Try to find some people to hang around with who don't smoke.
- c) Try to smoke only a few cigarettes in social situations.
- d) Socialize less.

# **GROUP 12**

# Your New Identity as a Nonsmoker

Congratulations!! You have worked very hard in this program to become an official nonsmoker. This is definitely a big change, especially if you have been a smoker for a long time. And although it is great news, it can be difficult sometimes to understand how to live as a nonsmoker. Getting accustomed to your new identity is important, and can be a really rewarding experience. It's good to practice thinking and acting like a nonsmoker.

## Things a Nonsmoker Says to Himself or Herself:

"I value being healthy"

"I am the kind of person that takes action to make myself as healthy as possible."

"Being a part of the nonsmoking lifestyle is really important to me."

What are some other things that you can say to yourself in your new role as a nonsmoker?

1. " \_\_\_\_\_ "
2. " \_\_\_\_\_ "
3. " \_\_\_\_\_ "

## Things a Nonsmoker Does:

Exercises and stays active

Spends time with other nonsmokers

Enjoys the outdoors more – breathes in the fresh air

What are some other things that you can do in your new role as a nonsmoker?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# **Steps to Join the Gym at \_\_\_\_\_**

1. You can either \_\_\_\_\_ at \_\_\_\_\_ or stop by the gym any Monday- Friday at \_:00 a.m.
  
2. Figure out if there is anything you need to use at the gym such as: workout clothes (t-shirt and shorts or sweats) and sneakers. (Talk to your group leader about this if it is difficult for you to get these things.)

Things I need:

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Plan to get them:

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3. Make a plan for when you will use the gym. Before or after relapse prevention group might be a good time to start.

## **QUIZ: Relapse Prevention Group 12**

1. Being a non-smoker changes the way you think about yourself.  
**True                      False**
  
  
  
  
2. What are some things that you could do to continue to feel positively about yourself as a non-smoker?
  - a) Do healthy activities (like exercise)
  - b) Eat healthier
  - c) Make steps on a new goal or project that you want to do in the next few months
  - d) All of the above

# **GROUP 13**



# Steps of Problem Solving

(To help cope with high-risk situations for relapse)



## Step 1: Identify the problem or goal

*What is the situation that is making it difficult for you to stay quit?*

*What is the goal you are trying to accomplish?*

## Step 2: Think of solutions

*What are some possible solutions?*

## Step 3: Think about pros and cons

*What are the good things and not so good things about each?*

## Step 4: Pick a solution

*Which solution or combination of solutions looks the best?*

## Step 5: Make a plan

*What do you need to do to try it?*

## Step 6: Rate the solution

*How well did it work?*



# Solving My Problem



My problem or goal is: \_\_\_\_\_

Some possible solutions are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The one I picked was: \_\_\_\_\_

The reason I picked this one was: \_\_\_\_\_

\_\_\_\_\_

What I needed to do to make this work was: \_\_\_\_\_

\_\_\_\_\_

This is how well it worked:

Very well

A little

Not at all



# Solving My Problem



**The problem is:** It's hard to keep telling people I'm a non-smoker.

**Some possible solutions are:**

- Put up a sign on my door that says "No Smoking."
- Wear a sticker on my coat that announces to the world that I'm a non-smoker.
- Just keep telling people that I don't smoke.

**The one I picked was:** Wear the sticker I got from my group leader that says "I quit."

**The reason I picked this one was:** It might make it so I don't have to tell everyone--some people will get it by looking at the sticker.

**What I needed to do to make this work was:** Ask my group leader for a lot of stickers.

**This is how well it worked:** It worked fantastic. People keep congratulating me for not smoking and that helps me stay motivated and I don't have to keep telling people that I quit.

## **QUIZ: Relapse Prevention Group 13**

1. Fill in the missing steps of problem-solving

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_.

2. Problem-solving can be helpful when used for situations in your life that do not involve smoking or trying to stay quit.

**True**

**False**

# **GROUP 14**

***My Top 3 Ways to Stay Quit***

- 1.** \_\_\_\_\_
- 2.** \_\_\_\_\_
- 3.** \_\_\_\_\_

***My Top 3 Ways to Stay Quit***

- 1.** \_\_\_\_\_
- 2.** \_\_\_\_\_
- 3.** \_\_\_\_\_

***My Top 3 Ways to Stay Quit***

- 1.** \_\_\_\_\_
- 2.** \_\_\_\_\_
- 3.** \_\_\_\_\_

***My Top 3 Ways to Stay Quit***

- 1.** \_\_\_\_\_
- 2.** \_\_\_\_\_
- 3.** \_\_\_\_\_

## ***Where Do I Go From Here?***

### **TOLL-FREE & LOCAL PHONE SUPPORT:**

- Quit Tips Line 1-800-943-8284 (Get a recorded tips that change everyday!)
- 1-800-TRY TO STOP: (Live person who can help you get through cravings)
- Good Samaritans 617-247-0220 (Live person will help with anything)

### **WEBSITE SUPPORT:**

- [www.lungusa.org/ffs](http://www.lungusa.org/ffs)
- [www.habitrol.com/support](http://www.habitrol.com/support)
- [www.QuitSmoking.com](http://www.QuitSmoking.com)
- [www.StopSmokingCenter.net](http://www.StopSmokingCenter.net)
- [www.Trytostop.com](http://www.Trytostop.com)

### **NICOTINE ANONYMOUS:**

- [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

*Weekly meetings Tuesdays at 5:30 pm at the Armed Forces YMCA at Charlestown Navy Yard*

### **SMOKING CESSATION PROGRAMS:**

#### **“Pack It In” Programs:**

MGH Charlestown Health Care Center  
151 Everett Avenue  
Charlestown, MA 02129  
781-485-6210

MGH Back Bay HealthCare Center  
388 Commonwealth Avenue  
Boston, MA 02215  
781-485-6210

MGH Everett Family Practice  
19 Norwood Street  
Everett, MA 02149  
781-485-6210

MGH Chelsea HealthCare Center  
73 High Street  
Chelsea, MA 02150  
617-889-8598

MGH Revere HealthCare Center  
300 Ocean Avenue Revere, MA 02151  
Phone: 781-485-6210

## **MGH QUIT SMOKING PROGRAM**

### ***What is it?***

- 7 Week Program that includes 6 group sessions and 1 individual session
- The Quit Date is set at week 4
- Helps you set and achieve goals and gives you many coping skills and strategies throughout the quitting process

### ***What does it cost?***

- The program costs \$70 for the general public. If you have Mass Health Insurance, it costs much less- a sliding scale fee
- MGH provides the patch or gum.
- If your insurance doesn't cover the patch or gum or you can't afford them, MGH offers them at reduced prices!

### ***What are the requirements to sign up?***

- In order to join the program, the people at MGH will require your doctor's permission
- They also require that you have not been hospitalized recently for psychiatric reasons

### ***How do I join?***

- Call Linda Hinson at (617) 726-7443 (MGH) to register and determine the costs
- Call (781) 485-6210 for MGH Revere/Everett/Charlestown/Chelsea