

De-addiction essentials: Smoking / Tobacco



Denial

- Count daily use for 7 days and calculate money spent; put saved cash in a jar.
- Note physical signs (morning cough, breathlessness, loss of taste) weekly.



Acceptance

- Set a quit date or staged reduction plan and tell family/friends for short term support.
- Create a daily commitment card to read each morning and mark progress on a calendar.



Awareness

- Map ritual moments (after meals, with coffee, when stressed) and rank cravings by intensity.
- Practice a 3 minute breathing or distraction technique at each urge to observe it without acting.



Action

- Use evidence based aids (NRT, prescription meds) plus brief counseling or quit line support.
- Replace rituals (chew gum, sip water, 5 minute walk), reward smoke free days, and use saved money as milestones.

Progress note: pick one small solution and repeat it daily—consistency beats intensity