

Quitting - It's a Process

If you have tried to quit smoking before, or know someone who has, you may have noticed that many of the self-help resources are geared toward people who are ready to stop smoking. Preparing to quit and finally quitting takes time and planning. Below are some of the stages that people who are trying to quit smoking go through. Use this list as a guide to see where you are in this process. You may go through all of the stages or only a few. You may notice that you go through some more than once. Check off which ones apply to you.

- You are a person who smokes and is concerned about your health.
- You have decided that you will gather information about quitting.
- You have decided to take some steps to reduce your smoking risk such as cutting back, changing brands, exercising.
- You decide you will definitely quit but you are not ready to set a date.
- You set a quit date and commit to quit on that date.
- You smoke your last cigarette and go 24 hours without lighting up.
- You complete your first week as a nonsmoker.
- You complete your first month as a nonsmoker.
- You complete three months smoke-free.
- You are smoke-free for one year.