



**QuittersWin**

## TAMI Cards Will Help You Quit Smoking

Thinking about quitting and wondering where to begin? This idea always helps whether you're a heavy smoker, light smoker, or social smoker. Four quick questions and a pencil will help you collect important information and move you closer to your freedom. So, what are we waiting for?

**One Simple Rule** – Before I light up, I will write up each cigarette.

- Slide the TAMI Card under the plastic wrap in your pack.
  - *You can also make the cards bigger and wrap them around your pack with a rubber band if the spaces are too small to write in comfortably.*
- Slide a short pencil in your pack.



**Four Simple Questions** – Record your answers in the four columns.

**Time** – What time is it (and include am or pm)

**Activity** – What are you doing while you want a cigarette? Coffee, driving, phone? Write it up.

**Mood** – Some moods are easier to identify than others. Angry and anxious are usually easy to recognize. If you aren't sure of the mood, it might be boredom. Do your best.

**Intensity** – On a scale of 1-5, how strong is this particular want?

Please collect this data for 3 days and consider including both weekend and weekdays. If you miss a cigarette, try to fill in the information as accurately as you can.

When you use TAMI Cards, these things will happen:

- Your number of cigarettes will drop because you'll be looking closely at each cigarette. More awareness means less smoking!
- You will gain insight to the behaviors and feelings that are associated with your smoking. This will be extremely helpful as we develop a personalized Quit Plan.
- You will sputter and complain at least a little when you reach for your pack and see the TAMI Card. Yes, they're disruptive and interrupt our mindless routines that lead us to smoke. So, go ahead and grumble, but smile because each disruption brings you a step closer to your freedom!



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