



BE

Which behavioral triggers can I identify?

Which can I modify?

Which should I stop?

Building new habits?
(see BJ Fogg materials!)

SO

Which social triggers can I identify?

Which can I modify?

Which should I stop?
(at least temporarily)

Consider role-playing
the proposal to change
relationship with friend.

CH

What do chemical cravings feel like?

How long does it last?

Am I sure it's a craving?

Should I use quit meds?
(consider pros & cons)

OTC vs. prescription

Clean & Wean

Cold Turkey

Nicotine Fade

Stay strong thru detox

EM

Which emotions urge me to use?

Avoid vs Accept
(consider pros & cons)

What new coping skills
am I willing to try?

Which work best?

PS

Do psychological compulsions allow harm to me?

Willingness to self-destruct or unwillingness to self-preserve?

Perception of Self: Who do you think you are?

Why do you think that?

What's the new (true) narrative?

Your complicated relationship with this substance has 5 distinct aspects, which necessitates a personalized Quit Plan with 5 distinct components. Connect with your Quit Coach for help with this important process. Contact: tsweeney@vmgma.com / (413) 800-2334 OR TJ@QuittersWin.org