BREAKING UP with NICOTINE



A survival guide for the first thirty days and long-term strategies for a lifetime as a nonsmoker

DONNA HENUSET

WELCOME!

THIS IS YOUR COMPANION WORKBOOK.

I journaled voraciously for the week before my quit date through the first thirty days. The point of journalling is to explore your feelings and deal with your emotions.

I cannot stress how critical it is to be in touch with yourself during this time. If you are not being true to yourself, the nicotine monster can have its way with you and take back control.

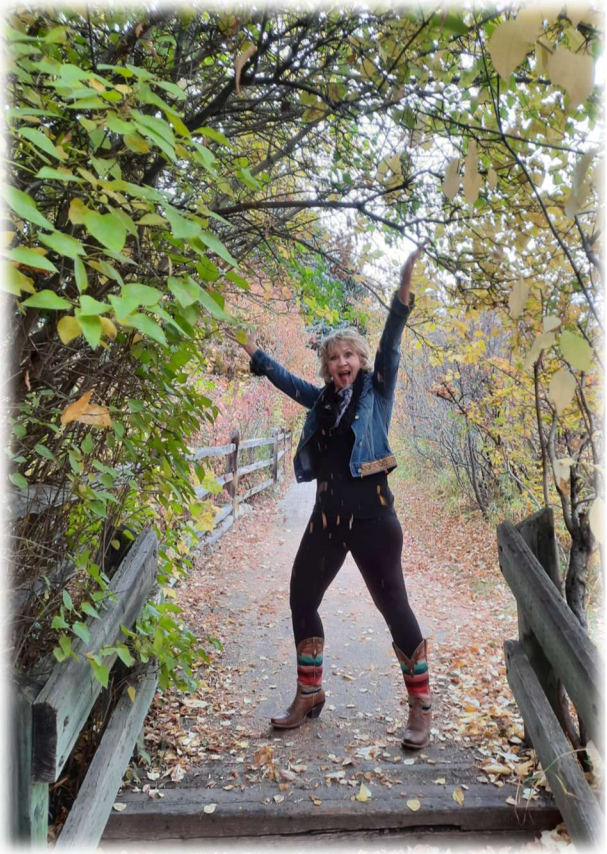
Your superpower is fighting it with awareness of your raw emotions. Your workbook/journal is a safe space to scream, cry, and beat your drum. It is also where you measure your progress.

Let's start!

Who am I?

One evening, I sat in a quitting smoking workshop and started to cry deep, long tears, and I realized that quitting smoking was deeply emotional for me. I had smoked cigarettes for thirty-two years; it was part of my life and identity. I knew I wanted to be free of the habit, but it was sad to let it go. I spent a lot of time journaling my feelings about smoking, how it made me feel, and what emotions were triggered when I thought about it not being part of my life. By honestly writing it down, I could look at it and consciously acknowledge the loss. Quitting nicotine can trigger a wide range of emotions, and it is best to bring those into your awareness now. Dealing with feelings on a conscious level at this point can help with long-term success and reduce future setbacks.

Whether you smoke cigarettes, vape, or use both, the emotional attachment to nicotine can be powerful. This workbook is designed to help you recognize those attachments and build a life free from them.



ARE YOU READY????

Vision board

WHAT DOES YOUR LIFE LOOK TODAY AS SOMEONE WHO SMOKES CIGARETTES OR VAPES?

WRITE THIS WITH AS MUCH EMOTION AS YOU CAN. IN AS MUCH COLOR AS YOU CAN.

THIS IS WHAT IT LOOKS LIKE AT WORK

THIS IS WHAT IT LOOKS LIKE AT HOME

THIS IS WHAT IT LOOKS LIKE WITH FRIENDS

THIS IS WHAT IT FEELS LIKE IN MY BODY

THIS IS WHAT IT LOOKS LIKE IN PUBLIC

Vision board

WHAT DOES YOUR LIFE LOOK LIKE WHEN YOU ARE NICOTINE FREE?

WRITE THIS WITH AS MUCH EMOTION AS YOU CAN. IN AS MUCH COLOR AS YOU CAN.

THIS IS WHAT IT LOOKS LIKE AT WORK

THIS IS WHAT IT LOOKS LIKE AT HOME

THIS IS WHAT IT LOOKS LIKE WITH FRIENDS

THIS IS WHAT IT FEELS LIKE IN MY BODY

I WANT TO BE:

STARTING POINT

WHAT BROUGHT YOU TO THIS PLACE OF MAKING THIS DECISION TO QUIT NICOTINE?

LIST THE TOP THREE REASONS THAT WILL KEEP YOU FROM REACHING FOR THAT CIGARETTE OR VAPE. THE REASONS THAT STAND ABOVE ALL OTHER REASONS. THE REASONS THAT YOU WILL FIGHT FOR. LIST TWO OTHER REASONS.

1.

2.

3.

4.

5.

Vision board

THIS IS WHAT A NICOTINE MONSTER LOOKS LIKE TO ME

Daily nicotine intake patterns

When you smoke a cigarette or vape, what are you doing, and what are you feeling? If you vape frequently throughout the day, record the times and situations when you feel the strongest urge to reach for it.

High trigger behavior	Daily schedule / notes
_____	6 AM _____
_____	7 AM _____
_____	8 AM _____
_____	9 AM _____
_____	10 AM _____
_____	11 AM _____
_____	12 PM _____
_____	1 PM _____
_____	2 PM _____
_____	3 PM _____
_____	4 PM _____
_____	5 PM _____
_____	6 PM _____
_____	7 PM _____
_____	8 PM _____
_____	9 PM _____
_____	10 PM _____
_____	11 PM _____
_____	12 AM _____

High trigger activities:

_____

Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

Other: _____

Daily nicotine intake patterns

High trigger behavior	Daily schedule / notes
_____	6 AM _____
_____	7 AM _____
_____	8 AM _____
_____	9 AM _____
_____	10 AM _____
_____	11 AM _____
_____	12 PM _____
_____	1 PM _____
_____	2 PM _____
_____	3 PM _____
_____	4 PM _____
_____	5 PM _____
_____	6 PM _____
_____	7 PM _____
_____	8 PM _____
_____	9 PM _____
_____	10 PM _____
_____	11 PM _____
_____	12 AM _____

High trigger activities:

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Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

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_____	8 PM _____
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_____	10 PM _____
_____	11 PM _____
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High trigger activities:

_____

Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

Other: _____

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_____	7 PM _____
_____	8 PM _____
_____	9 PM _____
_____	10 PM _____
_____	11 PM _____
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High trigger activities:

_____

Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

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Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

Other: _____

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High trigger activities:

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Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

Other: _____

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_____	9 PM _____
_____	10 PM _____
_____	11 PM _____
_____	12 AM _____

High trigger activities:

_____

Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

Other: _____

Activities that you can do when cravings hit. Replacing scenarios where you always used nicotine

High trigger behavior	Daily schedule / notes
_____	6 AM _____
_____	7 AM _____
_____	8 AM _____
_____	9 AM _____
_____	10 AM _____
_____	11 AM _____
_____	12 PM _____
_____	1 PM _____
_____	2 PM _____
_____	3 PM _____
_____	4 PM _____
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High trigger activities:

_____

Meals: Breakfast ☐ Lunch ☐ Dinner ☐ Snack ☐

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Mood: 1 2 3 4 5

Other: _____

Accountability Group

Identify the people who want you to quit nicotine and will be beside you through the rough patches.

It would help if you listed the people at work willing to go for walks at lunchtime and talk you through rough patches of cravings.

List family and friends who will go for walks after meals or go to a movie on weekends instead of going to the bar.

Who will go camping with you or do some of the new activities you have documented for your life without nicotine?

“No matter how brilliant your mind or strategy, if you’re playing a solo game, you’ll always lose out to a team.” — Reid Hoffman

Accountability Team

1.

2.

3.

4.

5.

6.

Rewards Checklist

DETERMINE AND LIST REWARDS FOR PREDETERMINED MILESTONES.

1.

2.

3.

4.

5.

6.

7.

Vision board

DAY ONE: HOW DOES IT FEEL TO START THIS JOURNEY?

“I AM THRILLED THAT TODAY I START MY JOURNEY TO NICOTINE FREEDOM. I AM NOT GIVING SOMETHING UP; I AM GAINING FREEDOM FROM SOMETHING THAT HAS ME CHAINED TO A DEPENDENCY.”

Weekly success

REVIEW YOUR WEEK, AND MAKE SURE TO COMPLETE THE QUESTIONS BELOW IN FULL.

WHAT HAVE I ACHIEVED?

WHAT AM I PROUD OF THIS WEEK?

WHAT HAVE I LEARNED THIS WEEK?

WHAT AM I GRATEFUL FOR THIS WEEK?

WHAT ONE THING COULD I DO DIFFERENTLY NEXT WEEK?

Weekly success

REVIEW YOUR WEEK, AND MAKE SURE TO COMPLETE THE QUESTIONS BELOW IN FULL.

WHAT WAS MY BIGGEST STRUGGLE THIS WEEK AND HOW TO OVERCOME THAT NEXT WEEK?

WHAT TIME OF DAY IS MOST DIFFICULT FOR ME?

HOW IS MY BODY FEELING?

30-DAY Challenge

GIVE YOURSELF A CHECK MARK FOR EVERY DAY NICOTINE FREE

01 ☐	02 ☐	03 ☐	04 ☐	05 ☐
06 ☐	07 ☐	08 ☐	09 ☐	10 ☐
11 ☐	12 ☐	13 ☐	14 ☐	15 ☐
16 ☐	17 ☐	18 ☐	19 ☐	20 ☐
21 ☐	22 ☐	23 ☐	24 ☐	25 ☐
26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

Goals

WRITE DOWN THE GOALS YOU REALLY WANT TO ACHIEVE:

1.

2.

3.

4.

5.

6.

7.

8.

Vision BOARD

USE THIS WORKSHEET TO SET GOALS AND PLAN YOUR NEXT YEAR.

I WANT TO STOP:

I WANT TO LEARN:

I WANT TO TRY:

I WANT TO CONTINUE TO:

I WANT TO BE:

LET'S STAY IN TOUCH



I would really appreciate knowing if this program worked for you and any feedback that you have.

Email me at 2quit4good@gmail.com

There is an automated reply that will send download links but I review all emails that are sent to the address.

Donna Henuset

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