

Quit Plan

4. Plan for cravings and other withdrawal symptoms

Medicines can help lessen your withdrawal symptoms, and getting support can also help.

- ▶ Will you use medicine to help you deal with withdrawal symptoms?
 - What medicine will you use?
 - When will you start taking the medicine?
- ▶ Who will talk to you and support you as you quit?

5. Be ready for challenges

Think ahead about how you will handle these challenges:

- ▶ **Stress**
I will relax by:
- ▶ **Negative thoughts**
When I feel discouraged, I will tell myself:
- ▶ **Smokers in my life**
How I will deal with being around smokers without smoking:
- ▶ **My plan for other challenges:**

You have made your plan. You are ready to quit smoking for good!