

## TIPS FOR NEW NONSMOKERS

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### Some Benefits of REMAINING a Nonsmoker

- You are no longer one of the people who spend \$45 billion per year on cigarettes.
- You are no longer influenced by the approximately \$15+ billion spent on cigarette advertising each year.
- You have become a positive role model.
- You should feel really good about yourself. You have succeeded at becoming a nonsmoker. In the process of gaining control, you have learned two major principles:
- “Success is nothing more than a plan that is adhered to.”
  - You thought you would be better off as a nonsmoker.*
  - You enrolled in the Cooper/Clayton program.*
  - You implemented the plan described in your book.*
  - You came to the support group meetings.*
  - You achieved your goal by adhering to the plan.*
  - You were successful.*
- 1. “A major problem can be solved when cut up into a series of small problems.”
  - Cooper/Clayton is a series of small steps to solve a big problem.*
  - Recorded cigarette usage.*
  - Used an alternate source of nicotine and slowly reduced the source.*
  - Addressed social and psychological issues.*
- When someone finishes this program successfully, they have taken control of an addiction. They have learned skills that will help them take control of other aspects of their lives that they wish to change.