

Week	Session Outline – Week 6	Video Topic	Points to Emphasize	Handouts/Supplies
Six	<ol style="list-style-type: none"> 1. Check attendance. 2. Distribute name tags. 3. Support group topic – “Share something positive that has happened since you became a non-smoker.” Discuss items participants brought with them. 4. Review “Points to Emphasize.” 5. Show videotape or DVD – Week 6. 6. Collect name badges. 	<ul style="list-style-type: none"> • Life’s Pleasures • “Increase Quality of Life” • <u>Enhanced Without cigarettes</u> include: <ul style="list-style-type: none"> ○ Ability to Breathe ○ Eating ○ Stamina ○ Positive self-image ○ Personal smell ○ Nice Clothes ○ Nice automobile ○ Chance for good health • <u>Enhanced With Cigarettes</u> <ul style="list-style-type: none"> ○ Pleasure from cigarette 	<ol style="list-style-type: none"> 1. Some of life’s precious moments slip away quietly, sometimes forever. 2. Life is better as a non-smoker. 3. I am responsible for my health and life. My health is going to be good. 4. My choices about my life affect my health. 5. I choose to not be controlled by cigarettes and nicotine. 6. If on 21 mg. patch-1 more week or if on 4 mg. gum or lozenge-no more than 7 pieces/day this week. 7. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!” 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 9:42 • <i>A positive thing that has happened since I’ve become a nonsmoker</i>