



Now that you're smoke free...enjoy the benefits

1. **Behavioral Modification requires time.**
2. Smokers are now a minority in public places. **As a nonsmoker, you can sit anywhere!**
3. **Your voice will change.** As a nonsmoker, you will find your smoker's cough (a sign of chronic bronchitis) will improve and your voice will lose some of its hoarseness and become less raspy.
4. **It's now a JOY**, not a job, to breathe!
5. **Blood is now flowing**, without vasoconstriction (blood vessel shrinking) to your face and other parts of your body. For the first time, your face doesn't have the ashen look of a long-term smoker!
6. **A new identity and new assurance are yours!** You will think of cigarette smokers as THEM instead of US.
7. **Weight Gain – a Potential Hazard**

The connection between gaining weight and becoming a nonsmoker is not "in your head." **IT IS REAL!** Snacking habits while you were smoking may lead to weight gain problems now that you are a nonsmoker.

 - **Adjust Calorie Intake** for nonsmoking status. Either burn off 200 calories through exercise or delete 200 calories per day from your food intake.
 - **Systematically reduce food intake.** Don't clean your plate! Reduce food on your plate by 1 teaspoon per day per week. This is the amount of food you formerly ate. By the end of the program, you will learn how much food to put on your plate so that you don't overeat.
 - **Stop Eating Before Feeling Full - not AFTER!**
 - **Take twice as long to eat.** Slow down and enjoy the smell and taste of your food. Drink non-caloric liquids (water, club soda) with your food. It will contribute to your sense of fullness with no calories.

- **Eating less helps you forget your need for an “After Meal Cigarette.”** You won’t need it to improve your peristalsis (movement of food through intestines) to decrease the full feeling.
 - **Seek nutritional counseling.** One modification in what you eat can significantly reduce your potential for weight gain. Limiting fat calories to 20% of total food intake is a good goal.
8. **I’m PROUD of ME!** Your self-esteem will improve.
 9. **Find a profitable use for the time you once spent smoking.** 30 cigarettes per day x 5 minute burn time = 150 minutes per day in smoking. That is 2 ½ hours of free time to do some exercise or something you enjoy other than smoking.
 10. **Learn to Handle Stress Without Nicotine.** The only way cigarettes assisted you was by giving you an excuse to back away from the problem and allow your brain to come up with a solution. You will learn to think without a cigarette!
 11. **Risky Thinking – “I Can Have Just One.”** Don’t fall into the trap of thinking that you have won the battle and can now have just one cigarette whenever you want. Don’t risk stirring up those memories. Just one puff could send you back to your previous level of smoking!
 12. **Everything worth doing or worth having takes time, energy, and sacrifice.** You have resolved to move away from cigarettes. The cravings will become just a very faint yearning, which will become less and less intense with each passing day and week. The REALITY that you have TAKEN CONTROL of YOUR ADDICTION will sink in. Your sense of accomplishment and pride will continue to increase in quiet steps of confidence.

This information was taken from the Cooper/Clayton book, chapter 8.