

## A real strategy

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Even before deciding on the right moment to stop smoking, you will need to have a realistic **outline of your tobacco consumption**:

- At what moment of the day are you most tempted?
  - At what hour do you have your first cigarette?
  - Why do you smoke and why do you want to stop?
- Etc.

Write these questions & answers down to assess your motivation and the means you will need to reach your goal. Be sure, during those first few days, to note beneficial effects: breathing, taste and smell, money... This will help spur you on.

Clean the areas where you use to smoke, your house, office, or car...

Remove lighters, matches, packs of cigarettes and photos with smokers (especially if you are in the photo!)

Do not keep safety packs handy but have a nicotine substitute ready instead!

Note all the tips that will enable you to resist and bring these in to your everyday life. Above all, stay alert and keep from blaming yourself!

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Une initiative de l'Union Européenne

