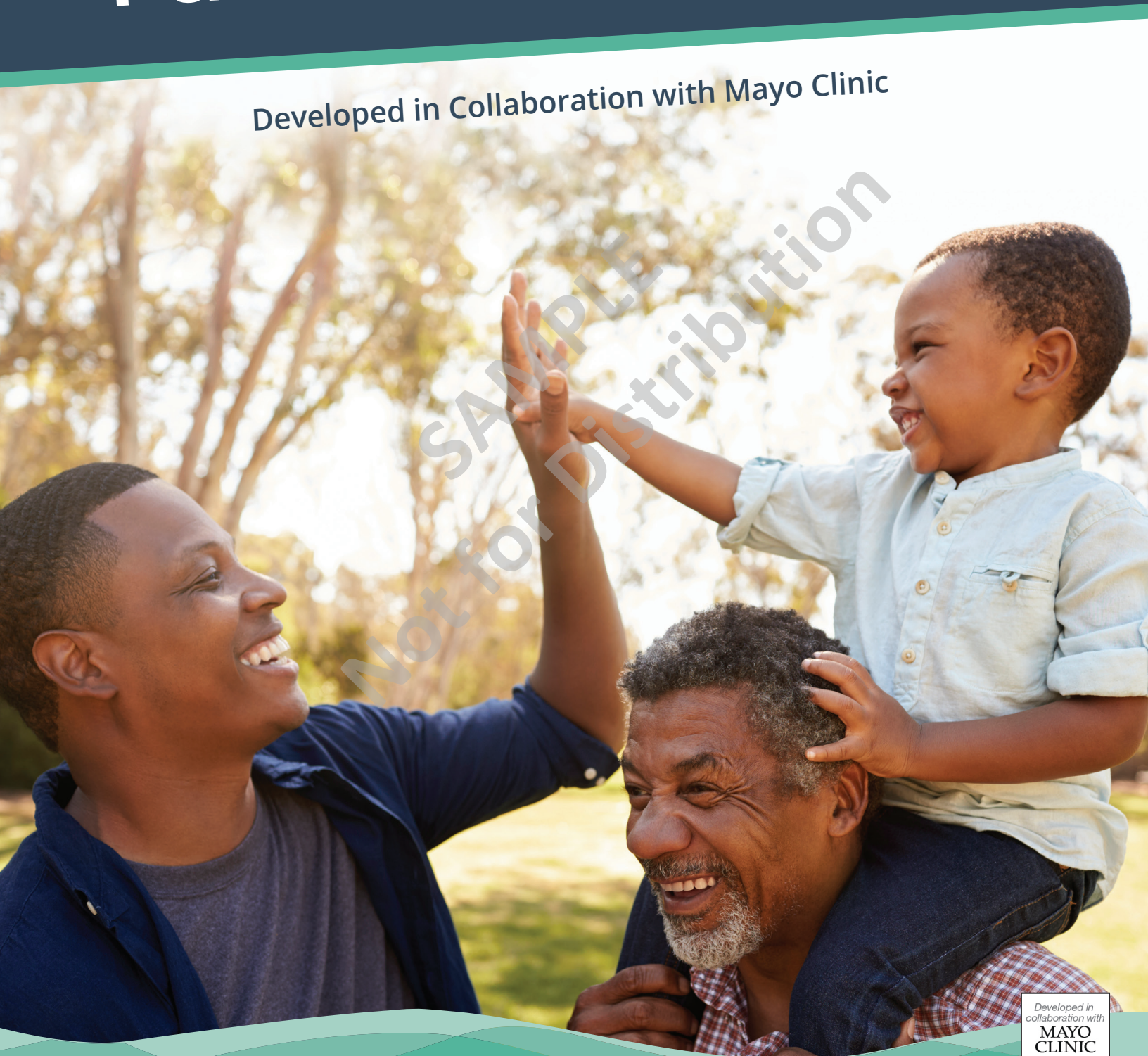


# My Tobacco-Free Future

A Workbook from EX



Developed in Collaboration with Mayo Clinic



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## Make a Change with EX

Wherever you are on your quit journey, EX has tools, resources and support for you. Expert advice and quit techniques by Mayo Clinic clinicians and real tobacco users will help you become your own quit expert.

Can you imagine your life without tobacco? We can. Here's how we'll get there, together.

This workbook was designed as a companion to EX ([BecomeAnEX.org](https://www.BecomeAnEX.org)), a free, digital quit smoking program developed by Truth Initiative in collaboration with Mayo Clinic Nicotine Dependence Center. EX was created in 2008 and has helped more than 800,000 tobacco users on their quitting journey. EX combines the clinical expertise of the Mayo Clinic Nicotine Dependence Center in treating tobacco dependence with the wisdom of thousands of real tobacco users from the EX Community. The end result? An easy-to-use program that is available 24/7, 365 days a year for as long as you need to stay tobacco-free.

Many of the exercises in this workbook are available on EX, where you can create a smart, custom plan for your tobacco-free life. You can use EX from any device - it works on any Internet browser without needing to download an app. No matter what kind of tobacco you use, you'll find tools and resources to help you quit. Some information is specific to cigarette smoking though, and we'll be clear when that's the case.

### *On EX you will find:*



A customized quit plan that learns and grows with you



Information about nicotine patches, gum, or lozenges



Round-the-clock support from thousands of other former tobacco users and current quitters in the EX Community



Text messages for encouragement, support for cravings and relapse, and quit medication guidance and tips

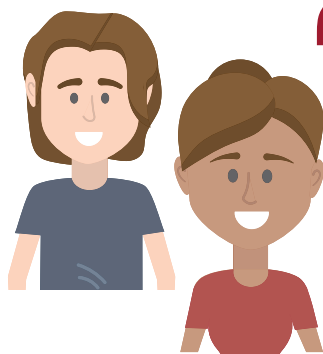


Emails to help keep you on track with your quit and up-to-date on what's being talked about in the EX Community

Throughout this workbook, we've included quotes from members of the EX Community. Some are from members who used EX for a bit and went on their way. Others are from longstanding members who quit with EX and continue to pay it forward so others can live tobacco-free.

#### About emails and text messages from EX...

EX is more than just a website. At registration or after you sign-up, you can choose to receive up emails and/or text messages. Both are tailored to your quit date and provide additional support in your inbox or pocket for your entire quit journey!



“ I have to give all the credit for staying quit to this community. After close to 900 days, I'm still here nearly every day. Nothing ruins your smoking like BecomeAnEX! ”

— FreeNEasy **EX** Community

[www.BecomeAnEX.org](http://www.BecomeAnEX.org)

## Deciding to Quit

Stopping tobacco isn't easy. But it may be the most important thing you can do for yourself. Quitting smoking, dip, or chew is more than just quitting a bad habit. It's making positive changes to become the person you want to be.

Whether you plan to quit now or sometime in the future, the EX website ([BecomeAnEX.org](http://www.BecomeAnEX.org)) and this companion workbook are designed to help you feel more confident about quitting. The information and activities are based on the best available evidence about tobacco use and how to stop.

You don't need to read all the material or read it in a certain order. Explore the content that you think will be most helpful for you. When you are ready to take action, you will have the tools and skills you need.

Start by telling yourself that you can succeed. You can do this!



“ Regardless of how long you have smoked, it is never to late to quit. It is the best gift you can give yourself and there are no age requirements. ”

— Michelle Diane **ex** Community



## Cutting down

If you are not yet ready to quit, but you are interested in cutting down, you will find tools and information on page 18 that can be useful now and later, if and when you decide to stop.

## Making the decision

Most people who use tobacco have mixed feelings about stopping. For example, many people smoke because it makes them feel satisfied and calm. However, it often takes more and more cigarettes to feel satisfied and calm. Soon, the negative health effects can begin to outweigh the positive feelings that come with using tobacco.

There are many reasons why people want to become tobacco-free. Some people want to stop because they are worried about their health. Some want to save money.

Others want more energy. Sometimes, the motivation to quit smoking can come from family or friends. Or you might be motivated by the desire to be a good role model.



It's normal to have mixed feelings. Smoking can feel like an important part of your life. And the idea of stopping may feel overwhelming.

Deciding to make a major life change is rarely simple - especially when it comes to tobacco. Take time to examine your thoughts and feelings about smoking, dipping, or chewing.

Thinking about your values, goals and plans for the future can help you find your best path forward.

The following exercises can help you sort out your feelings as you start your journey to a tobacco-free future.

## The full story

It's common to feel conflicted about quitting. List the pros (positive thoughts and feelings) and cons (negative thoughts and feelings) that go through your mind when you think about quitting:

Pros	Cons

Take a few minutes to answer the following question. Be honest with yourself.

***What are your current thoughts and feelings about not smoking, dipping, or chewing?***

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## Why do you want to be tobacco-free?

You probably have good reasons for why you want to quit smoking, dipping, or chewing. For most people, simply focusing on those reasons is not enough to break the addiction to nicotine.

However, naming your reasons for stopping may help motivate you as you make the commitment to quit.

Write down the top three reasons you want to live a tobacco-free life right now.

1	
2	
3	

## Your vision for a tobacco-free future

For a moment, put aside the focus on “how to quit.” Put aside any negative thoughts and feelings you may have about stopping. Take a minute to clear your mind. Now think about life beyond tobacco.

Consider the following questions as you imagine how your life will change for the better when you are tobacco-free.

- What are you doing that’s different?
- How are you feeling that’s different?
- How has your life changed?

When you make any major life change, knowing where you are going can remind you about what you are working toward.

On tough days or in those moments when you need to re-focus and re-energize your commitment, thinking about your vision for a tobacco-free future can help.

Seeing yourself as a non-smoker can be a powerful reminder of why you want to quit.

### *Sample tobacco-free vision*

When I see myself as a non-smoker, I see someone who has conquered a huge challenge. I see someone strong and happy who has found a new, healthy life.

I breathe better, I move more easily, and I play with my kids a lot more. I am saving money and I am spending time on new hobbies. Food tastes better, and I am making healthy meals for family and friends.

I am proud of myself, and I am thankful for the extra years I have to spend with my family because I stopped smoking.