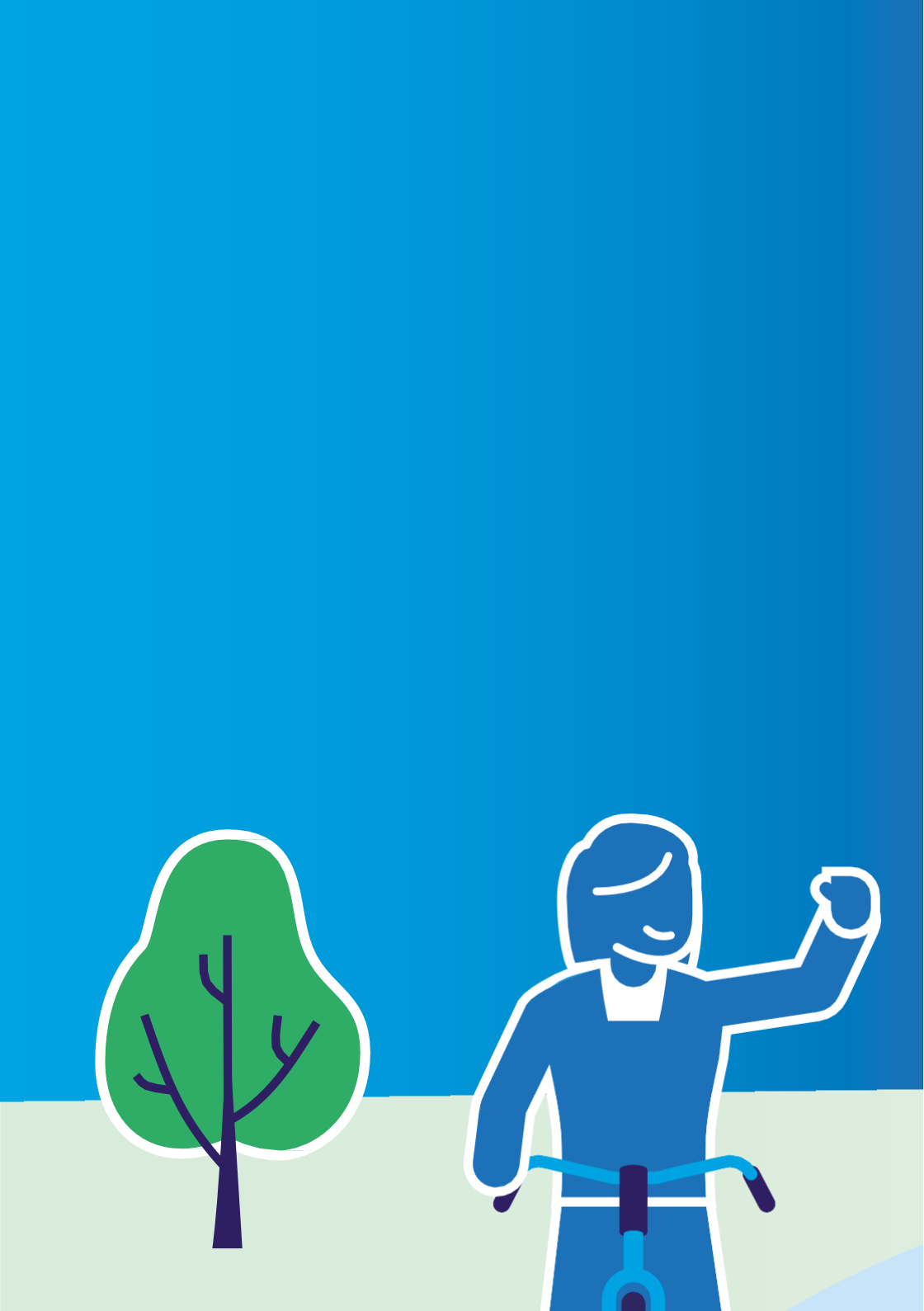
Rookvrij! Ook jij?

Onderdeel van SineFuma

Treat yourself to the most beautiful gift: **a smoke-free life!**

Quitting Plan individual coaching



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Your personal guide to a smoke-free life

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Welcome

Congratulations on deciding to stop smoking! You are starting an individual programme based on our successful method, with support from a professional coach and the use of a quit smoking product.

After the intake session with your coach, the programme consists of six sessions. The first session lasts 30 minutes and all other sessions last 20 minutes.
All six sessions have an important value during your quitting process and take place at times that are convenient for you.
During the last meeting, we celebrate you being smoke-free for one month.

This booklet will be used regularly during the coaching sessions.
It is a guideline, so it is important to take it with you or have it at hand.
You can also use this booklet to review the most important information of each meeting. There is also room for notes.

Wherever we refer in this booklet simply to 'smoking' or 'smoke-free', we always mean 'vaping' or 'vape-free' as well.

Quit smoking successfully

The most successful way to quit smoking is behavioural therapy from a professional coach. This can be done by phone, digitally or at one of our locations. If you use a quit smoking product in the process, you increase your chances of successfully quitting by two to four times.

Planning

You can write down the dates of the appointments with your coach in the scheme below. If you are unable to attend, please let the coach know at least 24 hours in advance.
You can reschedule your appointment.
It is possible to e-mail or call the coach between sessions in case of questions or difficult moments.

Coaching	Date	Time
Session 1		
Session 2		
Session 3		
Session 4		
Session 5		
Session 6		

Details of your coach

Name: .....

Phone number: .....

Mutual agreements

During our coaching, we make the following agreements:

- Be present and available at the agreed time.
- You can cancel an appointment up to 24 hours in advance.
  If a session is not cancelled or not cancelled in time, this session can no longer be made up.
- Everything discussed during a session is confidential.
  - Make sure you are in a quiet environment when talking to your coach.

Interesting websites

For more information, please visit the following websites:

- www.trimbos.nl

Supporting apps

Would you like some extra support via app. Here are a few examples of apps we recommend:

- Quit now
- Stopstone
- Smoke free
- Flamy app

Quitting Helpline

If you need more help, call the quitting helpline: +31 (0)800-1995. Workdays from 9am to 5pm.
Call if you think it will help you stay smoke-free.

What topics will be discussed during the sessions?

Session 1

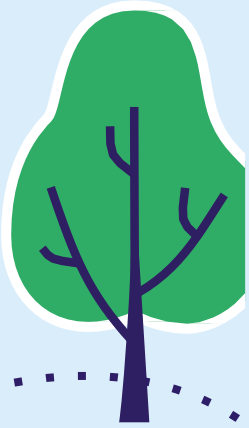
- Explanation of the coaching
- Your personal history with smoking and motivation to quit
- Smoking is an addiction.
- What's in a cigarette?
- Your smoke-free journey
- Explanation on the use of stop smoking products
- Explanation on how to get stop smoking product

Session 2

- Carbon Monoxide (CO) measurement and explanation
- Benefits of quitting smoking
- Explanation of the use of stop smoking products
- My stop-smoking plan
- Preparing for quit day

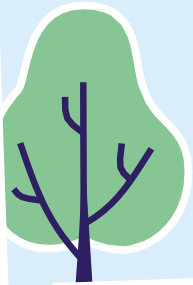
Session 3

- Preparing for quit day
- Tips for the first week smoke-free.
- How to deal with the first 7 days after quitting
- Positive thinking
- Withdrawal symptoms: what's the use and how to deal with them
- The importance of rewarding yourself and relaxation.



Session 4

- The nicotine monster and its use
- Use of stop smoking products
- One week smoke-free
- Nicotine cravings
- Quitting smoking and your weight
- Slips & relapses



Session 5

- Motivation
- Helpful thoughts
- Series of small decisions
- Dealing with stressful situations

Session 6

- Four weeks smoke – free
- Your new identity, a smoke-free 'me'
- Tips for the upcoming weeks

Session1

In the first session we'll discuss the following topics.
You can find the main information here.

Motivation

Motivation is the driving force behind actions and behaviour. It encourages people to take action and achieve goals. Your motivation is one of the most important factors during your quitting process. That's why it's useful to write down what you will gain from a smoke-free live.

My motivation to become smoke-free:

.....

.....

Trust

Trust in yourself is knowing that you can achieve goals and that you won't let yourself be held back by fears from the past, limiting believes, ideas or judgement from others.

In your questionnaire you rated your motivation and trust. This is your starting point of your smoke-free journey. Write your score down.

My motivation score: .....

My trust score: .....

Smoking is an addiction

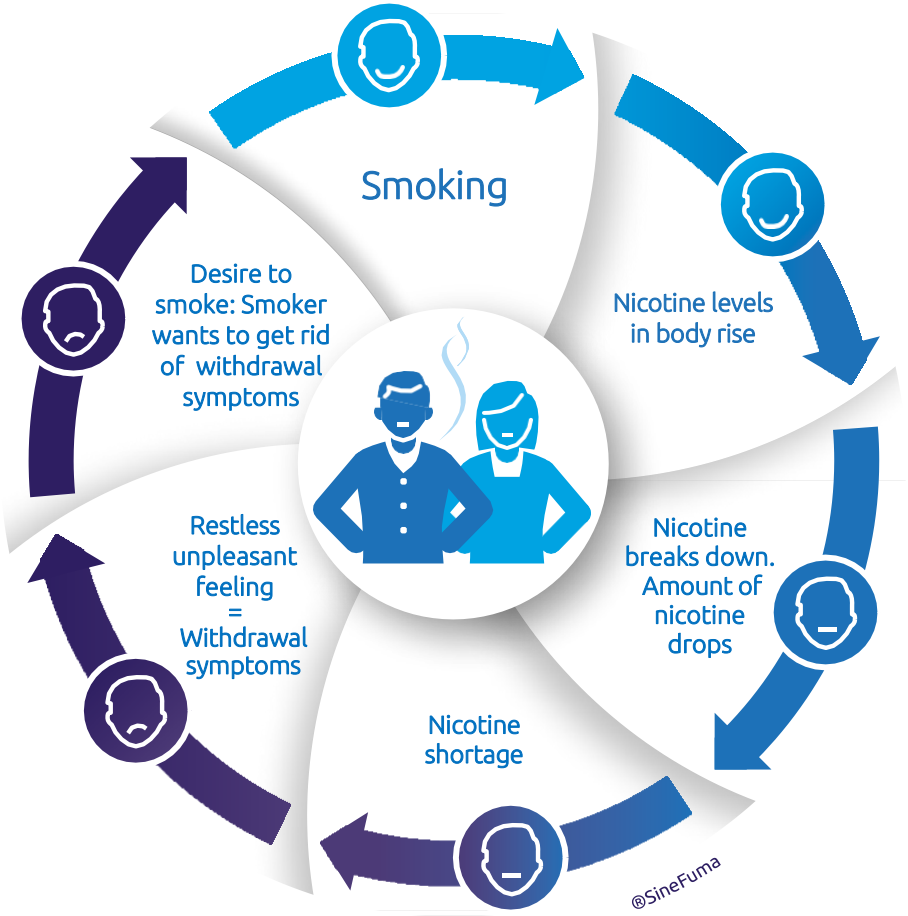
Cigarettes contain the highly addictive substance nicotine. Did you know that nicotine reaches the brain in 7 seconds after a puff? The faster the addictive substance reaches the brain, the more addictive it is.
Smoking is one of the hardest addictions to get rid of.

After smoking a cigarette, nicotine levels rise in the body. There is a 'reward system' in the human brain. This system is stimulated by nicotine causing dopamine to be released into the body. Dopamine is also known as the feel-good hormone. It is released we you do nice things such as eating, exercising, partying, having sex and therefore also when you smoke.

This makes many people feel good after smoking a cigarette, which is why smoking is so tempting,
Then the nicotine in the body breaks down and the amount of nicotine in the body goes down. This creates a nicotine shortage. This leads to unpleasant feelings. These are called withdrawal symptoms.

The smoker wants to get rid of these withdrawal symptoms. As a result, smokers start smoking again and again. So, the smoker smokes away the withdrawal symptoms. Smokers thereby keep their addiction in place, you could say.

Then the nicotine in the body rises and the cycle begins again. In the picture below you see this addiction cycle.



What's in a cigarette?

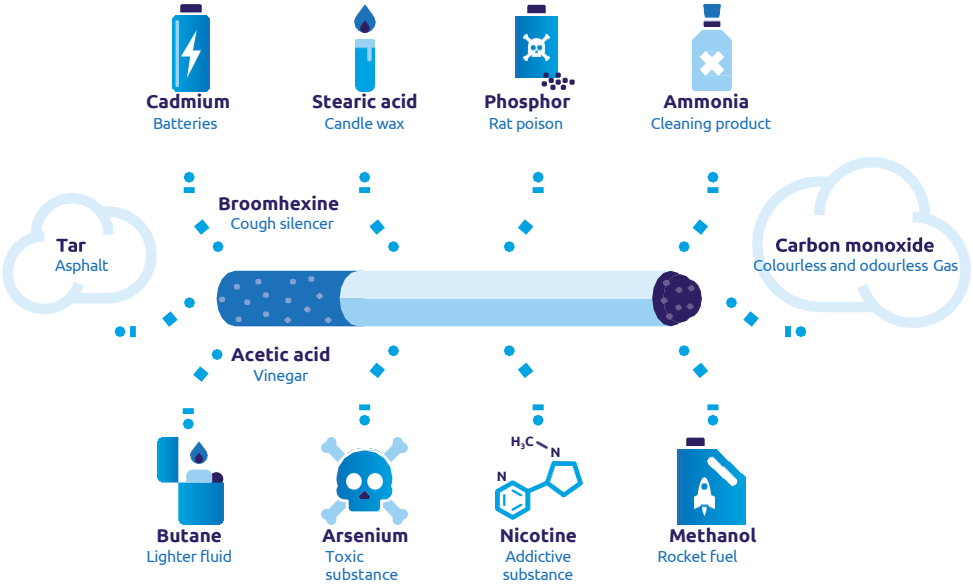
Besides tobacco, a cigarette contains all kinds of substances that manufacturers add, such as flavouring and fragrance. It also contains substances that keep the tobacco moist and serve as binders or stuffing of the cigarette.

The tobacco and many of the additives in cigars and cigarettes are harmful to your health when burned. For example, they increase the risk of various forms of cancer. They also irritate or damage the respiratory system and eyes. By burning tobacco, you also ingest too much carbon monoxide, which reduces your ability to take in oxygen.

Many of the added substances in cigars and cigarettes, such as sugar, make smoking more appealing.

Some of these added substances make smokers more strongly addicted to smoking. For example, they make it easier for the body to absorb nicotine, thus enhance the pleasant feeling of nicotine.

Besides nicotine, tobacco smoke contains over 6.000 other substances. Many of these substances are harmful for your health. At least 70 of them cause cancer. Some of these substances are pictured below.



The smoke-free route

You have taken the first step towards a smoke-free life! That's a very good start!

On the left the image shows a path that is familiar to you: a recognisable path from cigarette to cigarette. On the right your new route: a route to a smoke-free future. This new route is a nice challenge, even if it is yet unknown. During your journey, the coach will help you to stay on the smoke-free route.

The sessions contribute to your success in overcoming the temptation of the cigarette (the addiction), time after time.
This keeps you on the new smoke-free path. Your habits (on the left side of the image) change into new behaviours.
During the last session you will have been smoke-free for four weeks.
After that you can face any challenge.
You can move forward with confidence towards a smoke-free future.

Smoke-free route

The use of medication or nicotine replacements

There are several, proven effective quit smoking products available to quit smoking. Using a quit smoking product doubles your chances of becoming smoke-free. The most successful way to quit is Cognitive Behavioural Therapy combined with a quit smoking product.

Nicotine replacements are issued by your coach, and medicines will be prescribed by your doctor. Only the products with proven effectiveness will be discussed and advised. You will discuss with your coach which product is best suited for you.

Nicotine replacements

Nicotine replacements include patches, nicotine chewing gum and nicotine lozenges. Nicotine replacements help counteract physical withdrawal symptoms by delivering an even amount of nicotine throughout the day. These remedies are much less harmful than a cigarette because you no longer inhale tar, carbon monoxide and other toxic substances. Nicotine substitutes come in different strengths. The coach will discuss with you which strength best suits your smoking behaviour. As the strength is reduced, your nicotine requirement is reduced in a controlled manner. The use of nicotine substitutes can be regarded as a course of treatment and is best used for 8 to 12 weeks for a long-term result.

If the best choice for you is a nicotine replacement, the coach will arrange the request for these products.
Using the LAN form, the medication is requested at 'landelijke apotheek'/National Pharmacy (because of the reimbursement) and they are sent by mail to your home address.

Medicines

Medicines are always prescribed by your (GP) doctor. When prescribing them, your GP will check whether these medicines are suitable for you. There are different types of medication (your coach will explain to you which ones). These medications prevent the craving/desire for the cigarette. Taking medication makes it easier to stay smoke-free. You suffer less from withdrawal symptoms. You usually take medication for 9 to 12 weeks. After the first session, make an appointment with your GP as soon as possible to discuss which medication is the best choice for you. To do this, take the prescription and the letter you received from your coach. Your GP will write the medication for you on the prescription provided by you coach. The GP is the one who prescribes the medication; it's his/her responsibility.

Session 2

In the second session, the following topics were discussed. You can read back het most important information below.

Carbon monoxide measurement (CO measurement)

Only if your coaching takes place at one of our locations, you have taken a “Breathalyzer test”. Measuring carbon monoxide in exhalation shows the degree of addiction.

Carbon monoxide (CO) is a toxic gas that you cannot smell or see. When a person inhales smoke from a cigarette, CO is absorbed into the blood through the lungs. CO is dangerous because it reduces your body’s ability to absorb oxygen.

What does the test result mean? It shows the amount of carbon monoxide in a smoker’s breath, and this says something about the level of addiction.

CO-level colour	Description	Adult	Adolescent/ pregnant
Green	Non – smoker	0 - 6	0 - 4
Yellow	Danger zone	7 - 10	5 - 6
Red	Smoker	More than 11	More than 7

The less you smoke, the lower your carbon monoxide level will be. Yet a decrease is not always seen. This is because a smoker who smokes fewer cigarettes than he is used to, will still (usually) try to ingest the same amount of nicotine. So that means that the person who starts smoking fewer cigarettes will often smoke more intensely and inhale more deeply.
The smoke of a (water) pipe, cigar or joint is much more concentrated and inhaling it gives high levels of CO. The idea is to quit all smoking starting from the quit date.

If you have coaching at one of our locations, all sessions will start with a CO measurement. You can write down the result below.

Week	Date	CO-level	Amount of cigarettes smoked (last 24 hours)
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			

Fagerström test: how addicted are you?

The degree of addiction is different in every smoker. The test below will help you gain insight into your dependence on nicotine. Answer the questions below and circle the corresponding number of points. Add up the scores: this is your personal score.

Questions	Answers	Score
How soon after waking up do you smoke your first cigarette?	Within 5 minutes	3
	Within 6 - 30 minutes	2
	Within 31 - 60 minutes	1
	After more than one hour	0
Do you find it difficult not to smoke in places where it is forbidden to smoke?	Yes	1
	No	0
Which cigarette would be the hardest for you not the smoke?	The first cigarette of the day	1
	One of all the other cigarettes	0
How many cigarettes do you smoke a day?	10 or less	0
	11 - 20	1
	21 - 30	2
	31 or more	3
Do you smoke more cigarettes than on average in the first few hours after waking up?	Yes	1
	No	0
Do you also smoke when you are so sick that you spend most of the day in bed?	Yes	1
	No	0
Overall score		

Score
0 - 4: Mildly addicted to nicotine **5:** Quite addicted to nicotine **6 - 10:** Highly addicted to nicotine

Quit smoking products

Make sure you have sufficient knowledge of the product you are going to use. Pay attention when starting medication, as this is prior to your quit day. When using a nicotine replacement, you start on the first smoke-free day (stop day). If you suffer from side effects, discuss this with your coach.

My stop-smoking plan

Fill out your own stop-smoking plan.

My motivation to become smoke-free:

.....

I smoke my last cigarette:

.....

My stop date is:

.....

My first smoke-free day looks like this:

.....

Three actions that can support me to stay smoke-free are:

.....

Who can I turn to for support to stay smoke-free?

.....

Three activities I will do at difficult times:

.....

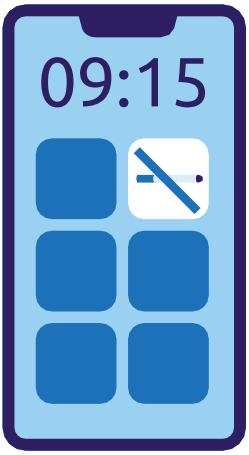
To resist temptation in the first few weeks I won't:

.....

Preparing for the first day smoke-free

Throw away all smoking supplies, lighters and ashtrays. Inform those around you so that you also feel responsible to not let them down. Ask someone if you can call them at difficult times or to share how you are doing.

Put the quit date in your phone. Install an app that supports you with quitting smoking. Actually, say goodbye to your last cigarette, plan the best time for you to do so. Think about the first day, how you will get through it in the best possible way.



Positive thinking

Positive thoughts help you achieve goals. They boost your self-confidence, and you feel better about yourself. Check which positive thoughts will help you walk the smoke-free route. Write these down or say them out loud. Keep repeating these affirmations daily. They will help you, especially in difficult times. Quitting smoking is a great performance. You can be proud of yourself!

What quitting smoking will do for you?

Your body undergoes a withdrawal process when you stop smoking. It works hard to cleanse itself. Here are the benefits for your health.

After 20 minutes

- Blood pressure and heart rate are back to normal.
- Circulation improves – especially in the hands and feet.

After 8 hours

- Oxygen level in the blood normalises.
- The risk of heart attack decreases.

After 24 hours

- Carbon monoxide from smoking has left the body
- The lungs start clearing tar, mucus and other smoke related residues.

After 48 hours

- Your body is now free from nicotine.
- Smell and taste have improved.

After 72 hours

- Breathing becomes easier.
- Your energy level increases.

After 2 - 12 weeks

- Circulation is now improved throughout the body.
- Walking and practicing sports become easier.

After 3 - 9 months

- Respiratory problems, coughing, shortness of breath reduce.
- Your lung capacity has increased by 5-10%

After 1 year

• The risk of heart disease (due to arteriosclerosis) has halved.

After 5 years

• The risk of having a heart attack is now half that of a smoker having a heart attack.

After 10 years

• The risk of lung cancer is now half that of a smoker.
• The risk of having a heart attack is now the same as someone who has never smoked.

After 5 - 15 years

• After 5-15 years, the risk of a stroke is equal to that of a non-smoker.

After 15 years

• After 15 years, the risk of cardiovascular disease (due to arteriosclerosis) is equal to that of a non-smoker.

What benefits do you experience yourself:

……..

……..

Session 3

In the third session, the following topics were discussed. You can read back the most important information below.

Your first day smoke-free

Your quit day is an important day. It is the first day of your smoke-free future. Quitting smoking is done one step at a time. Say to yourself every day: I am smoke-free! It is important to realise that craving for a cigarette only lasts a few minutes and then disappears.

Tips for your first smoke-free day

- Take your time for breakfast.
- Change your daily routine. For example, drink less coffee, drink your coffee in a different place or replace it with tea. In the evening, drink coffee without caffeine for a better night's sleep.
- Think of other times when you used to smoke. For example, after dinner. Deliberately go on do something else. Find out what suits you. This could be: going for a walk, doing a puzzle or a relaxation exercise.
- Repeat your decision to stay smoke-free several times a day and think how good it will feel tonight knowing you were smoke-free all day.
- Get healthy snacks, such as carrots, small tomatoes and fruit.
- Limit the intake of alcohol. Alcohol increases the risk of a "slip" or relapse.
- If you have a craving for a cigarette: Don't worry. Know that this craving will pass. Try to distract yourself.

Withdrawal symptoms

Some people who quit smoking experience nicotine withdrawal symptoms. Other notice very little. These symptoms are worst during the first week of quitting. Most disappear after 4 weeks. Common symptoms and how to deal with them are mentioned below. You can discuss these with your coach. In case of doubts or acute anxiety/complaints, contact your GP.

The most common withdrawal symptom is the craving for a cigarette. When you get (severe) cravings for a cigarette, it's important to know that the craving will only last 3 minutes. It's like a wave that comes and goes. Distraction can help you get through these moments.

Symptom	Why?	What to do?
Craving a cigarette. The craving is most intense in the first few days after quitting. This lasts about 3 – 5 minutes and then goes away	The brain demands nicotine	Take deep breaths Go for a walk Call a friend or a family member Change your routine Use a lozenge/nicotine gum if necessary
Coughing and/or dry mouth. This usually lasts a few weeks	Tar is removed from the lungs. The body is cleaning up the lungs	Warm drinks can help/relieve
Appetite	Your metabolism changes and food tastes (and smells) better after quitting smoking	Eat healthy snacks. Eat lots of fruit and vegetables Drink lots of water Take a chewing gum
Poor bowel movement	The body recovers and seeks a new balance to function without nicotine	Drink plenty of water Eat vegetables, fruit and fibres Exercise regularly
Dizziness. This will disappear after a few days	More oxygen enters the brain instead of carbon monoxide	Be careful
Insomnia. This usually lasts 2-3 weeks	The body recovers and seeks a new balance in functioning without nicotine	Try drinking less coffee and tea Fresh air and exercise can help Take more breaks during the day

Symptom	Why?	What to do?
Being moody/grumpy Decrease in concentration This usually lasts 4 weeks	Nicotine levels drop. (see addiction circle)	Inform friends and family and ask for support. Take time to relax. Discuss challenges with a person you trust. Make sure you sleep enough.
Gum inflammation. The inflammation becomes visible due to improved blood flow.	Nicotine kills bacteria in the mouth and weakens the immune system.	Go see your dentist if necessary.

The power of the promise

Go through the first smoke-free days, one day at a time. Tell yourself every day: 'I will stay smoke-free today'. The first week smoke-free is a milestone. Research shows that if you make it through the first week smoke-free, you are most likely to successfully make it through the whole journey. So go for it and don't even take a single puff in the first week.

The value of rewarding and relaxing

When you reward your behaviour, something happens in your brain which makes you want to repeat this behaviour. Earlier, you rewarded yourself by smoking a cigarette. When you quit smoking, you have to reward yourself in a different way. You can give yourself a small reward if, for example, you are smoke-free for a day or a week. Choose a reward that suits you.

We know that relaxation helps to get new energy. Think about what the perfect moments for relaxation in the near future will be. Relaxing can be a bit difficult in the beginning, as the cigarette can still feel important and withdrawal symptoms come into play. There's usually more room for relaxation after the first week of your quitting process. The best thing to do is to distract yourself in the first week.

Ideas could be:

- Compliment yourself regularly. Complementing yourself can be energizing and make you feel good. If you are not used to this, it may feel odd and exaggerated, but it certainly isn't.
- Go for a walk, it gives you peace of mind and you take some distance.
- Exercise. It's good for your health and gives you self-confidence
- Give yourself a gift once in a while or save up for a bigger reward.

In the following overview, you can plan how to reward yourself in the first week and what relaxation activities you can do. Reward yourself a lot and often for not smoking, especially in the first week.

Day 1	My reward:
	My relaxation moments
Day 2	My reward:
	My relaxation moments
Day 3	My reward:
	My relaxation moments
Day 4	My reward:
	My relaxation moments
Day 5	My reward:
	My relaxation moments
Day 6	My reward:
	My relaxation moments
Day 7	My reward:
	My relaxation moments

Session 4

In the fourth session, the following topics were discussed. You can read back the most important information below.

The nicotine monster

You can think of your addiction as a nicotine monster created when you smoked your first cigarette. The monster asks for nicotine, and you give it to him. When you quit smoking, the monster gets smaller and smaller. It will never completely disappear because your brain always remains addicted. This does not mean you will never get rid of it. Many people hardly think about smoking once they have successfully overcome their smoking addiction.

As the nicotine monster tries to tempt you to light up another cigarette, it can drive you crazy. You have taught yourself to smoke at certain times. Because you were used to this, you start to notice that the smoke addiction will grow again in those moments, making the cigarette really important again. The monster will always stay with you and grow again as soon as you even take the smallest puff of a cigarette. When you no longer smoke, you will no longer suffer from this 'monster' and you will enjoy your smoke-free life.

Your coach showed a small nicotine monster called 'Nicotientje'. This symbolises the ever-shrinking nicotine monster.

Quit smoking products

You started using a stop smoking product on your quit day (or slightly earlier in the case of medication) to give you extra support. The product ensures that you have less craving for the cigarette and can more easily stay on the smoke-free route. It helps you to stay in charge of the nicotine monster. Continuing to use the stop smoking product is one of the success factors on the smoke-free route. Everyone reacts differently to these products, see how it works for you and stay alert.

Craving for a cigarette

It is quite normal that you still feel the need for a cigarette during the quitting process. Your need to smoke often lasts for about three minutes and then the craving disappears. Accept that the need for a cigarette is there. Find out how you can deal with it. See what distractions support you to stay on the smoke-free path. Eventually this will improve and the craving for a cigarette will diminish.

One week smoke-free

The first week smoke-free is over! You achieved this milestone. A very important week as a foundation for your smoke-free future. Keep saying with confidence: 'I am smoke-free today!'

Quitting smoking and your weight

Quitting smoking is the best decision you can make for yourself. Did you know that every day you don't smoke adds 6 hours to your life?
Living smoke-free has many benefits. Many smokers see these benefits but worry about gaining weight. This is normal. Quitting smoking takes energy and time.

Half of the people who quit smoking gain 4 to 6 kilos. After the first three months, the weight gain decreases and after six months the weight is usually stable again. There are several reasons why you may gain weight when you quit smoking.

- Increased appetite. The nicotine that entered your body by smoking suppressed your appetite.
- A normalisation of your metabolism. Smoking increases your metabolism, resulting in an extra energy burn of about 140 to 200 calories a day. When you stop smoking, you miss out on this extra burn.
- A different eating pattern. Many smokers start eating differently when they stop smoking. Instead of a cigarette, they put something tasty in their mouths. Especially biscuits, sweets and snacks. In the fourth session we discussed how to make sure you don't replace the cigarette with sweets and cake as a reward for not smoking.

Healthy lifestyle tips

Nutrition
Eat healthy and pay attention to your diet. Choose healthy snacks such as fruit, yoghurt, carrots or cucumber. Drink at least 1,5 to 2 litres a day, preferably water or a sugar-free beverage. Choose high fibre foods and drink a glass of water if you feel like having a cigarette. Try to resist the temptation to have an unhealthy snack.

Exercise
Try to get some extra exercise daily. Set an achievable goal and do this activity daily. Cycle or walk. Walking for half an hour will make you burn 200 kilocalories.

Reward
Quitting smoking upsets the reward system in your brain. You no longer use the cigarette as a reward. Make sure you choose a healthy reward as replacement. This could be exercise or healthy eating. What is the reward that suits you?

Slip

You talk of a 'slip' when someone smokes a cigarette after the quit date. Even taking one puff is considered a slip. There are several factors that can trigger a slip. Consuming alcohol increases the risk of a slip because this 'activity' is linked with smoking a cigarette. Be alert!

Stress, boredom and pressure from others also make you likely to slip up. Smoking a cigarette is not a solution in stressful situations or boredom. Make sure you can deal with this is in a different way. This varies for everyone. Find a solution that suits you.

Did you slip up? Then make sure you don't immediately fall back into your old behaviour. Does smoking that one cigarette immediately makes you a smoker again? Definitely not! Say to yourself: This was a slip, it happens, it's not the end of the world.

But that you want to continue the smoke-free route! You haven't smoked for a while and most definitely have broken your nicotine addiction. Learn from the slip by answering the questions below.

Where were you when you lit a cigarette?

.....

Who was with you?

.....

What made you start smoking?

.....

What did you think smoking a cigarette would bring?

.....

How did you feel after smoking?

.....

What could you have done to avoid lighting the cigarette?

.....

What did you learn from this experience?

.....

Session 5

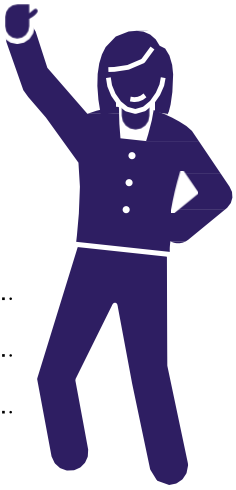
In the fifth session, the following topics were discussed. You can read back the most important information below.

Motivation

By now you know what motivation means and how important your motivation is during this process. You are already well on your way towards a smoke-free future. It's good to take a moment to go back to why you started this process. What was your motivation at the start of this route? It can help you to take a moment to think back to why you want to be smoke-free. This can validate your motivation. It can also help you at difficult times to reflect again on the reasons why you quit smoking. Discuss current motivation rating and confidence rating and compare this with the start of this journey.

Your motivation to become smoke-free is:

- Live longer
- Health
- Freedom
- Appearance
- Taking responsibility for your own life
- Role model
- Family and friends
- Financial reasons



.....

.....

.....

Writing down the main reason once again is an effective tool for staying on the smoke-free route.

My motivation to stay smoke-free is:

.....

.....

Helpful thoughts

You create thoughts in your head, these can both be positive and negative. The more space you give to these thoughts, the bigger they become in your head. So, when you think positive thoughts, more positivity is created. You feel more optimistic and powerful.

It is important to stay positive even when things get difficult. You can use the following statements for this purpose. Say one or more of these statements to yourself regularly. Feel free to say them out loud!

- I notice I have more air.
- My skin looks fresher.
- I set a good example.
- Every day I am smoke-free, is one.
- I would like to be smoke-free, I control the cigarette and not the other way around.
- I succeeded yesterday, so I can do it today too!
- Whatever happens, today I will stay smoke-free.
- I smell nice and fresh again and my surroundings notice.

These thoughts can help you stay positive in difficult times
when you forget how far you have come!

Series of small decisions

If you want to stay on the smoke-free route, it is important to be aware of risky or tempting situations and of the choices you make. The decisions you make in these situations can have a huge effect. For instance, you may find yourself reaching for a cigarette again when you don't want to. It often turns out that this happens as a result of some decisions, which put you in the situation you don't really want to be in. So, choose very consciously beforehand to enter this situation or not. You can then make sure you stay on the smoke-free route, without ending on a the side path.

Here are some examples to make this more concrete:

- A friend calls and asks if you want to join him for dinner.
- After dinner he asks if you fancy a nightcap in the pub.
- After the first alcoholic drink, you have another and another.
- Suddenly you find yourself smoking outside.

This simple example shows that you could have made a different decision on several occasions that would have prevented you from smoking.

Change of identity

Your identity changes from smoker to non - smoker. To help "let go of the fight", it is important that you recognise these stages.

- The perseverer still finds smoking appealing, but does not engage in it (he 'perseverses). You are still struggling and still think positively about smoking.
- When you are smoke-free, you say: "It's wonderful that I no longer have to smoke!" You feel free and think positively about being smoke-free.

The process of becoming smoke-free is a real mindset change.

Session 6

In this sixth and last session, the following topics were discussed. You can read back the most important information below.

Dealing with stressful situations

On the smoke-free route, you will also encounter risky situations. This means a situation where the temptation to smoke puts you at considerable risk.

It helps to think of and describe the situation, which might occur in the future, in advance. The moment the situation occurs in real life, you will know how to act best to stay smoke-free.

People who have become smoke-free often find that it gets easier and easier to stay on the smoke free route. In the beginning, everything you do for the first time once you quit smoking is (very) difficult. If you overcome these situations and stay smoke-free, the next time you find yourself in that situation, you say to yourself: “I could do it last time, so I can do it again.” This is how you build up new (smoke-free) behaviour.

Think of a situation that could be risky for you to start smoking again, or has been risky before.

Answer the questions below.

How did you handle this situation as a smoker?

What did you say to yourself in this situation?

.....

What did you do in this situation?

.....

How are you going to deal with it now or once you are smoke-free?

What do you say to yourself to stay smoke-free?

.....

What do you do to stay smoke-free?

.....

It is important to stay positive even in risky or difficult situations. It may help to say one or more of the following statements:

- ‘I can do very well without those cigarettes.
- ‘Smoking doesn’t solve anything. If I were to start smoking again, that would add an extra problem.’
- ‘It gets a little easier every day.’
- ‘Of course I can do it. Others have managed too! ‘
- ‘Smoking is expensive. I could very well use the money for something else.’
- ‘I’m calmer, I don’t have to smoke.’
- ‘The smoke-free start has been made. I will definitely stick with it.’

When you find yourself in a difficult situation, it is important to realize that the cigarette is not the solution. The urge to light one is still there in your memory. But this urge will pass in a few minutes, and you will be glad you did not give in to it. These are only brief moments. If you have successfully handled such a situation, then when a same situation occurs, it will be easier. Also realize that nicotine only has that “calming” effect on an addicted body. The addicted body demands nicotine. That makes it feel restless. Smoking a cigarette restores your nicotine levels. When you have stopped for more than 3 weeks, your body is no longer addicted so smoking no longer brings peace.

Four weeks smoke-free!

Four weeks smoke-free, the start of your smoke-free future has been made. That is worth a celebration. These four weeks:

- taught you how to be smoke-free.
- you learned what works and what doesn’t to stay smoke-free.
- You have used medication or a nicotine replacement as an aid, which you continue to use now that the training is over.
- You got to know ‘Nicotientje’ which helps you to regularly say: “I’ll keep you small, I’ll stay smoke-free, I’m the boss.”

Your new identity, a smoke-free ‘me’.

Research shows that it helps if you think of yourself as a smoke-free person. It is easier to stay smoke-free if you think of yourself as a non-smoker. This has to do with your identity. You have become a different person. Your identity changed. The cigarette is no longer in charge. That old life, your old identity, no longer suits you. It then no longer feels like trying to quit smoking but really like a new smoke-free life. You decide for yourself that you want to be a non-smoker. The more you continue to see yourself as a smoke-free person, the better this will be for your lasting change in behaviour.

Tips for the upcoming weeks:

- Live from day to day!
- Maybe the thought of never smoking again, frightens you. It could help to say: “I am smoke-free today!” Repeat that every single day. That’s the way to stay smoke-free.
- Think about dealing with stressful situations. Smoking is not the solution.
- Tell everyone you have been smoke-free for a month.
- Be proud.
- Keep rewarding yourself, find distraction and make sure you plan your relaxation moments.
- Do not get yourself in difficult situations. Don’t sit or stand next to people that smoke.
- Look at your results in your quit smoking app.
- Aks people close to you to regularly ask whether you are still smoke-free (and then celebrate with you).
- Push boundaries and reward yourself, for example, after another smoke-free month.

Are you happy with the support we’ve provided?
We’d also like to ask you something. Would you like to share your experience with us on Google? That would be a huge help to us and others. Click on or scan the QR code and simply let us know what you think of our support.
Thank you very much!

4 weeks
Smoke-free!

Rookvrij! Ook jij?

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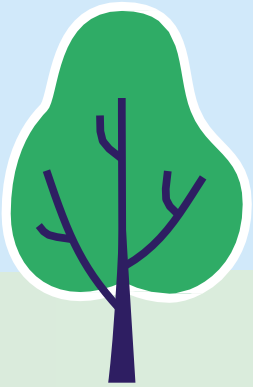

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