

Quitting Smoking Worksheet

Day	Goal for Daily Cigarettes	Actual Daily Cigarettes	Instructions
1	20		Quitting
2	19		Decrease your smoking by 1 cigarette every day. If you smoke more than 20 cigarettes a day, taper your smoking down slowly to 20 cigarettes a day, and follow this schedule. If you smoke less than 20 cigarettes a day, taper the smoking slowly so you are down to 1 cigarette a day by day 20 , and follow the schedule.
3	18		
4	17		
5	16		
6	15		
7	14		
8	13		
9	12		
10	11		
11	10		
12	9		
13	8		
14	7		Carry the cigarettes with you that you will smoke for that day. Don't buy or borrow additional cigarettes.
15	6		
16	5		When you get down to 1 cigarette a day, smoke this for 1 week. Realize that your cigarettes will be stale after 1 month if you have smoked at the rate of 1 cigarette / day. You have proven that you can decrease your cigarettes by 1 a day.
17	4		
18	3		
19	2		
20	1		
21	1		When you go from 1 to 0, you have quit .
22	1		
23	1		After Quitting
24	1		Don't allow smoking in your home. Get rid of your cigarette lighter and ash tray in your car. Don't hang around with smokers at work. Don't smoke outside of bars. Stay out of casinos.
25	1		
26	1		
27	1		

Additional Information

Talk to your doctor, who can give you additional information.

Avoid nicotine quitting products, i.e., you have to spontaneously quit smoking completely. This prevents tapering. Tapering slowly replaces the habit of smoking with the habit of non-smoking.

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