

TRANSITION TOWARD A NON-SMOKING LIFE

I QUIT NOW
1-866-527-7383



By smoking, you develop a certain bond with cigarettes

Quitting brings about a new lifestyle. This leads to a transitional period that demands time and adjustments. Feelings such as fear, anger, depression and pain are natural reactions for someone who has quit smoking because cigarettes responded to several needs. The following is how to live through a transition in a context of behavioural change related to smoking.

EXPERIENCE	EXPLANATION	BEHAVIOUR	WHAT TO DO
LOSS			
DENIAL	Denial is a defence mechanism that leads to the avoidance or refusal of a reality.	“It’s certainly not because of smoking that I have difficulty breathing and going up stairs.”	• Talk or write about what you are experiencing • Do something different: take up a physical, social or cultural activity • Weigh the pros and cons
ANGER	Anger is an emotion that translates into unhappiness. It corresponds to what the person identifies as being responsible for their frustration.	“Since I quit, it is even more difficult to breathe than before. I don’t see any improvement!”	
CONFUSION			
DEPRESSION	Depression occurs when a loss is felt. The person may have a tendency to think that they have also lost other abilities.	“Since quitting, I no longer enjoy life in the same way!”	• Review your motivations • Think about the benefits of quitting • Focus on things that do you good
BARGAINING	Bargaining is a form of refusal to accept loss, a phase of negotiation. In this phase, the person experiences ambivalence.	“Just one, I deserve it, one cigarette can’t harm me!”	
RENEWAL			
ACCEPTANCE / THE GAINS	Acceptance leads to renewal. The person is at peace with their choice and sees the benefits.	“I am proud of myself! I breathe easier and I’m able to climb the stairs without trouble and i have more energy!”	• Congratulate yourself on your successes • Do remain vigilant in risky situations

Source : Manuel de formation, ligne j'Arrête

If you want to quit smoking, you're not alone!

Counsellors at the j'Arrête Smokers' Helpline and Quit Smoking Centres are there to help you in your initiative.



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