nicotine from wearing off or immediately wanting a cigarette when they wake up in the morning.
- Although nicotine is addicting it is not a carcinogen or cancer-causing chemical. Many of the other components of tobacco smoke are far more dangerous than nicotine. This explains why we can safely use nicotine as a medication to help people.

Chapter 11:
What are my smoking patterns?
(Consumer’s Handouts Section 5: Chapter 11)

Objectives for this Chapter:

- To understand that smokers have usual patterns of smoking, which are the times, situations, actions and things that make them want to smoke.

After reading this section, individuals will be able to:

- Understand that smokers have patterns of usual behaviors that are linked to smoking. These common situations, almost automatically encourage someone to have a cigarette.
- Recognize and identify their most common smoking patterns.

Suggested Approach:

- Have each group member name a time and/or behavior that they always do when they light up their cigarette. Encourage others to identify similar behaviors.
- Discuss which smoking patterns would be easy or hard to change.
- Suggest that group members try to change one smoking pattern that they are currently doing.
- All group members to help make suggestions on what else the person can do to break that smoking pattern.

Chapter 12:
How can I better manage stress?
(Consumer’s Handouts Section: Chapter 12)

Objectives for this Chapter:

- Discuss better ways to handle stress that can be incorporated into all of our lifestyles.
- Learn a new skill for stress management: deep natural breathing.