Saying No to Cigarettes

The most common reason that people go back to smoking after quitting is because they saw another smoker or were offered a cigarette by a smoker.

Therefore, it’s a good idea to plan ‘how’ to say no when this happens (and it will happen eventually!).

Practice in this group or in front of a mirror what you would say if someone offered you a cigarette.

Examples:

✓ ‘No thanks Dan, I don’t smoke anymore’
✓ ‘Thanks for offering Dan, but I quit smoking and don’t want to smoke ever again’
✓ ‘No thank you Dan, I’m a non-smoker now’

Besides practicing by yourself, you can practice role-play situations in this group. You can practice how to say no to cigarettes and practice other high-risk situations that make you want to smoke. To assist in learning how to refuse cigarettes, use these five steps in refusal skills:

✓ Ask questions
✓ Recognize when you’re in trouble
✓ Think about the consequences
✓ Suggest other activities
✓ Get out of there
Ask yourself these questions

✓ Is it really possible for me to have just one cigarette?
✓ Do I really want this cigarette enough to give up on everything I have been working on?
✓ Can I wait for 7 minutes and see if the urge passes?

Recognize when you’re in trouble

One cigarette will probably lead to many more!

I always end up smoking when I am:

List a place: _______________________________________

List a person: _____________________________________

Think about the consequences

I will start coughing again if I smoke.

I will start spending $___________ per week on cigarettes if I start smoking again.

I have been enjoying using that money I have saved on:

____________________________________________________________________
Other activities I can suggest to do instead of smoking:

- Let’s go for coffee
- Let’s go indoors and talk
- Let’s go for a bike ride
- Other suggestions:

1. ___________________________________________

2. ___________________________________________

3. ___________________________________________

Get out of there!

If you feel tempted to smoke, GET OUT OF THERE!
I will leave now and go to a non-smoking place:
SAY NO THANKS!

Who are some people in your life who you could imagine offering you a cigarette in the future?

1. _________________________________________
2. _________________________________________
3. _________________________________________

What are some things you can say if people offer you cigarettes?

1. _________________________________________
2. _________________________________________
3. _________________________________________