

Chapter 6: Celebrating Quitting and a Tobacco-Free Lifestyle

Objectives for this Chapter:

- Review the importance of celebrating quitting smoking
- Teach consumers how to reward themselves for taking steps towards quitting smoking

After reading this section, individuals will be able to:

- Conceptualize having a tobacco-free lifestyle
- Begin to think about how they can have weekly rewards for themselves while they try to quit smoking

Suggested Approach:

- Through modeling and instruction, teach members how to use positive reinforcement to pair a positive thought or behavior with the desired behavior. Positive reinforcement will help participants' reward them for any behavior change and feel good about quitting.
- Remind members that rewards need not be expensive- taking time out for personal grooming, interests or simple hobbies can be very rewarding and affordable even on a fixed income.
- Encourage group members to give positive feedback to other members- this group support and environment of positive reinforcement will provide a strong social reinforcer for the group.

