

Building a Tobacco Treatment Plan

My Treatment Plan

Patient Name: _____

Quit Date: _____

My Reasons to Quit: _____

It's common to feel conflicted about stopping tobacco use. List the pros and cons that go through your mind when you think about quitting.

Cons of Quitting

Pros of Quitting

Note: Those positive thoughts and feelings you wrote in the pros box are your motivators to quit. Those negative thoughts and feelings you wrote in the cons box are the barriers preventing your successful quit attempt.

- My top tobacco use [triggers](#) (i.e. morning cup of coffee, driving, stress, etc)

- My top [coping strategies](#) (i.e. use [positive self-talk](#), walk the dog, deep breathing, drink water, etc)

- My support systems (program or person)- list 3-5 outlets for support

- My benefits to quitting (i.e. More money in my pocket, better quality of life to spend with my children, etc.)

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*FDA-Approved cessation medication + counseling program is **proven to be most effective** in helping people quit.*

1. Quit Medications

- | | |
|--|---|
| <ul style="list-style-type: none">● Long-Acting Medications<ul style="list-style-type: none">Nicotine patchVarenicline (Chantix®)Bupropion (Zyban® or Wellbutrin®) | <ul style="list-style-type: none">● Short-Acting Medications<ul style="list-style-type: none">Nicotine gumNicotine lozengeNicotine nasal sprayNicotine inhaler |
|--|---|

2. Tobacco Cessation/Quit Programs

Have tried before

Willing to try now

- One-on-one face-to-face tobacco cessation program
- Group tobacco cessation program
- Telephone tobacco cessation program (like 1-800-QUIT-NOW)
- Online tobacco cessation program
- Self-Help Guide for Tobacco Cessation

Quit Date: _____

Next Steps:

- Connect with healthcare provider to discuss quitting & FDA-approved medications
- Register for a Cessation Counseling Program, such as [Freedom From Smoking](#)
- Find additional support from friends, family, and/or a Quitline

For more information about quitting tobacco use, visit the American Lung Association website at [Lung.org](#) or call the free Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).
