

—GOALS—

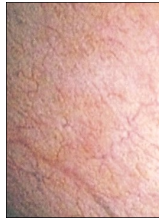
Unit Two



Material to be covered in Unit Two:

1. Telling It Like It Is
2. Habits And Triggers
3. Medications Used In Smoking Cessation
4. Bible Study: *Setting The Stage For Freedom*
5. Daily Commitment Worksheet

—TELLING IT LIKE IT IS—



Normal lung tissue



Early Changes



Long-term Smoking

- It is estimated that 20.8 % of all U.S adults smoke cigarettes.
- Among those 18-24 years of age, 23.9 % smoke.
- Tobacco use is the leading cause of preventable death in the U.S.
- Cigarette smoking causes an estimated 438,000 deaths annually in the U.S.
- Lung cancer (124,000), heart disease (108,000) and chronic lung diseases (90,000) are responsible for the largest number of these deaths.
- Adults who smoke cigarettes die an average of 14 years earlier than nonsmokers.
- About 90 % of all deaths from chronic obstructive lung diseases are directly linked to cigarette smoking.
- Since 1950, lung cancer deaths in women have increased 600%.
- Second hand smoke causes heart disease and cancer in nonsmoking adults.
- Smoking increases the risk for complications (preterm delivery, stillbirth, low birth weight babies) in pregnant women and sudden infant death syndrome (SIDS).
- Women who smoke have a greater risk of osteoporosis (bone thinning) and hip fracture.
- Smokeless tobacco is not a safe alternative for smoking cigarettes. It contains a multitude of cancer-causing and toxic chemicals.
- Smokeless tobacco increases the risk of developing cancer of the oral cavity. It is associated with leukoplakia (a lesion of the soft tissue that cannot be scraped off) and recession of gum tissue.

Source: <http://www.cdc.gov/tobacco/index.htm>

—HABITS AND TRIGGERS—



As discussed, addiction to nicotine happens fairly quickly. Carl Labbe R.P.H., a smoking cessation specialist, has stated, “*Smoking as few as five cigarettes for several days is often enough to cause nicotine addiction.*”⁴ Once a person is physically addicted to nicotine, they will begin to build tobacco use into their daily life. There is a development of personal habits and triggers around smoking or using smokeless tobacco. In order to quit, it is very important to examine these habits and triggers. They are unique to every individual.

Habits are behavior patterns which are formed with frequent repetition. They are often done unconsciously and compulsively. Changing routine is important for breaking established habits. Possible habits might be using tobacco after a meal, while on the phone, in the car, or when taking a break from work. Many people have the habit of smoking with other people who smoke.

Triggers are things that become associated with tobacco use. They stimulate a craving to smoke or to use smokeless tobacco. Possible triggers might be the smell of smoke, having an ashtray nearby, seeing tobacco products in a store, or experiencing stress.

So you can see that habits and triggers are definitely part of the addiction picture.

HOMework ASSIGNMENT

1. What are your personal habits and triggers around tobacco use? Think about every cigarette smoked during the day. Do you see any pattern that has developed? This exercise also works for smokeless tobacco.

PERSONAL HABITS & TRIGGERS AROUND USING TOBACCO	DESCRIBE TWO OR MORE STRATEGIES FOR NOT USING TOBACCO
When do I use tobacco?	
Where do I use tobacco?	
Why do I use tobacco?	
My personal triggers for using tobacco:	

2. After you have a better picture of your personal habits and triggers, it is important to develop strategies for not using tobacco. Even if you have already quit, this is an important step to take. This will help to prevent relapses.

3. Many people reach for tobacco when feeling stressed or upset. Is this something you struggle with? [] Yes [] No If you answered yes, it is important to find other ways of dealing with stress.