

Welcome	How to Use the Patch	Ready, Set, Quit	Temptations Take 1	Temptations Take 2	For All the Right Reasons	Success Story
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Temptations: Take 2

SCENE 27 TAKE 2
Project Quit: Temptations



Introduction

Sharon, how has your first week gone? Last week we discussed smoking to help your concentration and focus as one area that may cause you trouble when quitting. This week we will focus on a second area that may tempt you to reach for a cigarette -- smoking in social settings....

KEYS TO WORKING THROUGH THE SOCIAL SCENE

You feel confident overall that you can quit for good, but you are having doubts about keeping from smoking specifically during social times. Let's take a closer look at what may work for or against you as you prepare to deal with the social scene without smoking.

Potential Concerns:

- Bars and bowling alleys. Stay away from them or limit your time there significantly.

What Can Help:

- You told us that people in your life would be disappointed if you continued to smoke. Look to them for support and encouragement when you are struggling.
- A normal day for you doesn't include being around many, if any, smokers. This will definitely be a plus in the first few weeks.
- Since you exercise regularly, make it a social event. Get a group together for a game of volleyball, basketball, or a hike in the woods.

Characteristics that cause text/images to appear (based on participant survey responses):

Red images = Very low self-efficacy

Yellow images = Low self-efficacy

Name, Quit date

Main barrier to quitting

Overall confidence about quitting

Confidence about specific barrier to quitting

Smoking weak spots (environmental)

Motivation to quit (Others)

Current smoking environment

Lifestyle habits - regular physical activity