

Are You Ready to Quit Tobacco?

To help you identify where you are in the process of change select the statement that best describes your thinking:

1. I have not considered making any change in my tobacco-use behavior _____
2. I am thinking about the pro's and con's of quitting. _____
3. I intent to quit tobacco within the next six months. _____
4. I have quite tobacco use within the past month. _____
5. I have quit before and I have had setbacks or lapses, and gone back to tobacco use. _____
6. I have been tobacco-free for more than six months and it seems like a habit now. _____

1. = Pre-contemplation; 2. = Contemplation; 3. = Planning; 4. = Action; 5. = Relapse; 6. = Maintenance

Understanding the Stages of Behavior Change

1. PRE-CONTEMPLATION.

At this stage you are not even aware that a change is beneficial or that your current habits are unhealthy. You may have excuses or hold others responsible for not being able to make a change right now. To move to the next stage you will need to gather information and to review your goals, values, and priorities. Review the **Decision** Factor that affects behavior change.

2. CONTEMPLATION.

You are considering a change and have information that tells you that a change is beneficial. What do you need to start get started? Analyze the cost/benefits. Focus on identifying factors that are within your area of control rather than your area of concern. Review the **Values** Factor that affects behavior change. Identifying what is important and prioritizing your goals is essential to moving from this stage.

3. PLANNING.

Use the S.M.A.R.T. formula outlined in the **Goal Setting** section of the change factors. You should also develop an action plan and a **Support System**, using the recommendations made in the change factors section.

4. ACTION.

You have actually begun your behavior change but have been with it for less than six months. Make your initial changes small and significant, that is, what's important to YOU. Monitor your progress. Use the suggestions outlined in the **Motivation** and **Mental Preparation** Factors of behavior change.

5. RELAPSE.

Lapse means a temporary stall or slip but you have been able to get back on track. To reduce the chances of further lapses review the recommendations made in the **Commitment** Factor. *Relapse* means you have returned to a previous stage, probably Contemplation. In order to recover you will need to review and adjust your Planning, Goal Setting, and Values. Whether you have experienced a Lapse or a Relapse what did you learn? What do you need in order to get back on track?

6. MAINTENANCE.

In this stage you have pretty much ingrained the behavior change as a habit. You have personalized the value of the habit and you know that the experience is the reward. Be sure to periodically update your goals and make sure they're aligned with your values. Monitor your progress and keep your support systems fresh. Lapse or Relapse can

still occur, especially if you experience burnout. Don't forget that even the most attractive and well-developed garden still need ongoing care and attention.

Are You Ready to Change?

Take this short test and you will understand some of the factors which will influence your success at remaining tobacco-free. Mark the box that indicates to what degree the statement applies to you. Circle one number for each statement. Answer every question.

	5	4	3	2	1
	Always	Frequently	Occasionally	Seldom	Never
A. The decision to remain tobacco-free is mine, rather than imposed by someone else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. I have identified both the short term and long term benefits of my remaining tobacco-free.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. I am not easily discouraged in my quit efforts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. I enjoy setting goals and then working to achieve them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. I am good at keeping promises to myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F. I like having a structure and schedule for my activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G. I view being tobacco-free as a necessity, not an optional activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H. My tobacco-free goals are realistic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I. Compared with previous attempts to remain tobacco-free, I am more motivated now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J. I have a positive mental picture of being tobacco-free.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K. Considering the outside stresses in my life, I feel confident I can stick to my program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L. I feel prepared for lapses and ups-&-downs in my behavior change program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
M. I feel that my plan for being tobacco-free is enjoyable and exciting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N. I feel comfortable telling other people about the change I am making.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
O. I believe the benefits of being tobacco-free out-weigh the costs to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P. I believe I am capable of managing my behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q. I am confident I can say "no" to situations that would take me away from my goal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R. Once I set a goal, I think about it frequently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S. I am clear about the purpose of my goal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
T. I am clear what information, skills, and support I need to change my behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U. Controlling my behavior is not a challenge to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING

Add up your scores for each set of letters:

A + P + U = _____	D + H + S = _____	
B + G + O = _____	C + I + M = _____	J + L + R = _____
E + K + Q = _____	F + N + T = _____	

Your scores will vary from 3 to 15. Transfer the scores to the table on the next page.

Behavior Change Factors

<u>FACTOR</u>	<u>YOUR SCORE</u>
1. DECISION (A+P+U)	_____
2. VALUE (B+G+O)	_____
3. GOAL SETTING (D+H+S)	_____
4. MOTIVATION (C+I+M)	_____
5. MENTAL PREPARATION (J + L + R)	_____
6. COMMITMENT (E+K+Q)	_____
7. SUPPORT SYSTEM (F+N+T)	_____

Your scores will vary from 3 to 15. Any score below 10 is low

Are you ready to change? What will keep you from success? This test is designed to provide you with a score on each of the seven factors which affect behavior change.

The seven factors describe the necessary conditions in preparing, implementing, and maintaining successful change. *Decision* and *Value* represent factors that go into preparation. *Goal Setting*, *Motivation* and *Mental Preparation* are factors that take you from the preparation phase to implementing the change. *Commitment* and *Support Systems* have to do with successfully maintaining behavior change.

A score **below ten** on any factor indicates that this needs specific consideration and preparation. The lower the score, the more likely it will interfere with your success.

In order to change you may have to get along without the gratification and tension reduction the old behavior has given you. More important, you will have to find more acceptable and healthier ways of experiencing satisfaction or a reduction in tension. In any event, you will need to know what factors need to be developed in order to maximize your desired behavior outcome.

Understanding the Factors That Affect Behavior Change

1. DECISION

Take ownership and responsibility for the choices you make. *Intrinsic* decisions are ones based on YOU. *Extrinsic* ones are imposed for or by others. Intrinsic decisions are long-lasting because they are based on your personal values and beliefs. Responsible decisions are empowering because they are freely chosen. When planning your change, use self-empowering words such as “choose to, decide, want, can, will, my, mine.”

2. VALUES

Your desired behavior change must be of clear personal value. You should see benefits outweighing the challenges and sacrifices you will be making. A strong understanding of the purpose of the change is also necessary. Purpose means understanding how it fits or serves a bigger value, such as improved health or personal satisfaction. Take time to identify and write down your life’s values and purposes. What is most important to you and how does this behavior change fit?

3. GOAL SETTING

Use the S.M.A.R.T. formula to set your goals. Your goals should be *Specific, Measurable, Achievable, Relevant, and Timed (contains specific time lines)*. Write your goals down and refer to them frequently. Since this is a process of refinement, be willing to modify and update your goals as you proceed. Make your goals work as road signs, letting you know where you are along the journey of behavior change. Be sure your goals are aligned with your purpose and your personal values.

4. MOTIVATION

Keeping an even emotional keel is helpful. The inevitable “high” at the start of your behavior change can easily be followed by a “low” - characterized by burnout, low energy, and self-questioning of your goals. Be sure to identify and insert fun and play into your change plan. “Too much work and no play, burns out Johnny or Joanie.” Give yourself small rewards along the way. While feedback from others is important, don’t allow it to determine your emotions or attitude towards your plan.

5. MENTAL PREPARATION.

Successful performers regularly practice visualizing their goals. Instructional audio tapes that will take you through the visualization process can be very helpful. Plan ahead for setback and lapses. They are inevitable, especially within the first six months. How you handle them will determine your success.

6. COMMITMENT

Staying on track and sticking to your plan involves keeping your promise to yourself. If stress and distracting situations tend to get you off track then you need to implement a regular stress management routine. Time management and assertiveness skills also will assist you in staying on track. Avoid the tendency to “give it all up” the first time you slip. Daily affirmation help keep your commitment strong.

7. SUPPORT SYSTEMS

Developing a system to successfully support your desired change involves several factors. This includes obtaining the information, skills, and help of others. Avoid stress and burnout by taking care of yourself-physically, mentally, and emotionally. Exercise, good nutrition, relaxation, and healthy relationships at work and in your personal life will support you changes. A support group will put you in regular contact with people going through the same change. This provides moral support, change skills, and feedback on how you’re doing. Confide in at least one close friend as your “sponsor” or mentor.