

# Smoking Cessation Protocol

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1. Make a “Consequences Card.” Make a list of reasons not to smoke on a 3x5 card. For example: Money, health, feeling better, more energy, live longer, make those who love you happy, spiritual integrity, ability to meet friends, mates, who do not smoke, role model to children, self esteem, ability to do what is right despite thoughts or feelings, reduced risk of relapse from other addictions. Update your list as you think of new reasons. Carry your list with you at all times. Pull it out to review it every time you get an urge to smoke.
2. On the back of the card, make a list of all the bad things that will happen if you do continue to smoke. Review these as well every time you get an urge to smoke.
3. Write a paragraph describing yourself at age 60 if you continue to smoke. Make it as detailed as possible. What will you look like? How will you feel? What diseases might you have because of your smoking? Then write a paragraph describing yourself at age 60 if you stop smoking and all other addictions and dedicate yourself to a life of recovery: a life of doing the right thing (acting with love) regardless of what you feel. Carry this with you in your purse or wallet at all times.
4. Get 2-4 smoking “supports”. Make a promise to them to call them if you feel an urge to smoke to review your list of reasons not to smoke. Give them your lists.
5. Ask your co-workers, friends and loved ones to be sensitive to the fact that you are trying to quit smoking. Ask them not to smoke around you.
6. Set a stop smoking date.
7. Get rid of all cigarettes. Make a solemn vow to not buy any more cigarettes no matter what.
8. Don’t put yourself in any situation where you will be exposed to cigarettes. Walk away from situations where smoking is happening.
9. If necessary, use Wellbutrin, a nicotine patch and/or nicorette gum, an electronic cigarette or Chantix.
10. If you smoke, don’t give up. Don’t beat yourself up. Put out the cigarette as soon as possible and throw away the pack. Failure is not in picking up, but in giving up. Keep quitting until you succeed. Recommit over and over again.
11. If you smoke, practice a meditation: as you breathe in, say, “I’m killing myself”. As you breathe out, say, “This is wrong”.
12. Set rewards for not smoking: they can be small, medium and big rewards. For example, going out to dinner every week could be a small reward. Going to a game or a spa once a month could be a medium reward. Going on a vacation once a year could be a big reward.