

Online Program: Tobacco Cessation

Guide to Cutting Back on Tobacco



As you prepare to quit tobacco, it is a good idea to taper off your tobacco use. This can help make the transition from smoker to smoke-free less jarring and potentially less stressful for you. Print this guide today. Then, over the next 8 weeks, check off and complete the below assignments and use the following tips to gradually reduce your tobacco intake.

Week	Cut-Back Assignment	Completed
1	Reduce your tobacco use by 10%. For example, if you smoke about 10 cigarettes a day, smoke 1 less.	<input type="checkbox"/>
2	Create a new habit—buy one pack at a time. Avoid buying cigarettes in bulk. Buy just one pack at a time—you will need fewer of them as you taper off your tobacco use.	<input type="checkbox"/>
3	Delay your first cigarette of the day. Whether you usually have one immediately upon waking, on your drive to work, or on your first break at work, now's the time to break the habit. Skip that cigarette and make your first smoke later in the day than usual.	<input type="checkbox"/>
4	Make an appointment to talk to your doctor about which NRTs or prescription quit-tobacco medications are right for you.	<input type="checkbox"/>
5	Reduce your tobacco use by another 10%.	<input type="checkbox"/>
6	Trade one smoke break a day for physical activity. For example, if you usually take a 5-minute smoke break at 3 PM, take a 5-minute walk at that time instead.	<input type="checkbox"/>
7	For every cigarette you smoke, smoke only half. Once you've smoked half, snuff out the cigarette.	<input type="checkbox"/>
8	Reduce your tobacco use to once daily. (If this seems tough, just remember: Next week is your Quit Day, and from then on you will be using tobacco zero times daily!)	<input type="checkbox"/>

More Tips for Cutting Back

- **Track your tobacco use regularly** to document your cutting-back process.
- **Decide in advance how many cigarettes you plan to smoke the next day.** Then remove the rest from the pack, and only keep that decided-upon amount with you.
- **Change to a tobacco brand you like less than your usual brand.** This may make using tobacco less enjoyable for you, which can encourage you to use it less.
- **Don't empty your ashtrays.** Dirty, filled-up ashtrays look and smell unappealing. Keep them full to remind yourself of this habit you want to break—it can be a good motivator to quit smoking.
- **Avoid asking for or accepting tobacco products** from other tobacco users.

Now that you have completed Lesson 2, please proceed to the next lesson.