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## **Congratulations on taking action.**

You've read the theory in the book; now it's time for the practice. This Action Kit contains the essential templates and tests you need to navigate the simulator in real life.

### **How to use this kit:**

**Print it:** While you can look at it on a screen, quitting smoking is a 'hands-on' process. Having these sheets on your desk or fridge makes your commitment visible.

**Be Honest:** These tests are for your eyes only. The more accurate you are, the better your results.

**The Monitoring Sheet is Key:** Print several copies of the Self-Monitoring Sheet. It's your best weapon to understand your habit during the first week.

Your journey to freedom starts with the first pen stroke."

## Part 1: Your Tactical Plan

### Preparation Activities Checklist

Select the activities you want to commit to and create your own personalized plan. Commit to following it as you prepare to reclaim your freedom from smoking.

#### Phase 1: Awareness & Strategy

- Write my "Why":** Create a list of the personal reasons why I want to quit smoking.
- Track my habit:** Keep a log of every cigarette I smoke.
- Identify Triggers:** Make a list of situations, places, and emotions that trigger my urge to smoke and develop a strategy to handle them.
- Early Avoidance:** Start avoiding tobacco-associated situations that I feel ready and able to step away from.

#### Phase 2: Changing the Habit

- Delay the Urge:** I will not smoke the moment the urge hits. I will wait a few minutes before lighting up.
- Morning Routine Shift:** Delay my first cigarette of the day, increasing the wait time by 10-minute intervals.
- The 10-Minute Rule:** Gradually increase the time between cigarettes.
- Mindful Smoking:** I will not keep the cigarette in my mouth between puffs.
- Reduce Consumption:** Gradually reduce the portion of each cigarette that I actually smoke.
- Inhalation Technique:** Before puffing, I will take a breath and hold it; then, I will smoke. (This reduces the amount of smoke inhaled).
- Brand Switch:** Change to a brand with a different or less pleasant flavor.

#### Phase 3: Environmental Control

- No Sharing/Borrowing:** I will only smoke from my own pack.
- Out of Sight, Out of Mind:** Keep my cigarette pack out of reach and out of sight.
- Clean Environment:** Store lighters and ashtrays away after use; never leave them visible.
- Immediate Cleanup:** Always clean the ashtray immediately after finishing a cigarette.
- Buy Individual Packs:** I will only buy one pack at a time—no cartons. I will only buy from convenience stores or gas stations, never at bars or restaurants.
- Create Smoke-Free Zones:** Designate specific areas (like my car or bedroom) as strictly smoke-free.
- Go "Fire-Free":** I will stop carrying a lighter or matches when I leave the house.

#### **Phase 4: Social & Public Life**

- Choose Smoke-Free Spaces: Whenever possible, I will choose to spend time in smoke-free environments.

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- Private Habit: Avoid smoking in front of other people.

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- Public Commitment: Inform my family and friends that I am preparing to quit

# RUSSELL SMOKING MOTIVATION TEST

You came here from page \_\_\_\_\_

Each smoker has a different personality profile and specific reasons for using tobacco.

Please rate each statement from 0 to 3 according to how well it describes you:

- 0 = Does Not Happen**
- 1 = Happens Rarely**
- 2 = Happens Quite Often**
- 3 = Happens Very Often**

## Questionnaire

	<b>Score</b>
1 I feel a strong desire to smoke when I have to pause any activity.	
2 I light a cigarette without realizing I already have one lit.	
3 I enjoy smoking, especially when I am relaxing quietly.	
4 I get pleasure from smoking at any time.	
5 Holding a cigarette between my fingers is part of the pleasure of smoking.	
6 I think I improve my appearance with a cigarette in my hand.	
7 I smoke more when I am worried about something.	
8 I feel more stimulated and alert when I smoke.	
9 I smoke automatically, even when I am paying attention.	
10 I smoke to have something to do with my hands	
11 When I run out of cigarettes, the feeling is almost unbearable until I get more.	
12 I smoke more when I feel unhappy.	
13 Smoking helps me cope when I am very tired.	
14 I find it difficult to go one hour without smoking.	
15 I find myself smoking without remembering lighting the cigarette.	
16 I most desire to smoke when I feel comfortable and relaxed.	
17 Smoking helps me think and relax.	
18 I strongly crave smoking after not doing so for a while.	
19 I feel more mature and sophisticated when I smoke.	
20 When I am not smoking, I am very aware that I have not smoked for some time.	
21 I find it very difficult to go one week without smoking.	
22 I smoke to have something to put in my mouth.	
23 I feel more attractive to others when I smoke.	
24 I light a cigarette when I am angry.	

### Scoring and Interpretation

Add the points indicated for each group.

A score of 6 or more in any profile suggests that this motivational pattern is significant in your smoking behavior.

Your profile may include more than one category.

#### 1. Psychological Image Smoker (go to page 200)

Statements: 6 + 19 + 23

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 2. Sensorimotor (Hand-to-Mouth) Smoker (go to page 200)

Statements: 5 + 10 + 22

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 3. Indulgent (Pleasure-Oriented) Smoker (go to page 200)

Statements: 3 + 4 + 16

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 4. Sedative Smoker (go to page 200)

Statements: 7 + 12 + 24

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 5. Stimulation Smoker (go to page 200)

Statements: 8 + 13 + 17

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 6. Nicotine-Attached Smoker (go to page 200)

Statements: 11 + 18 + 20

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 7. Automatic Smoker (go to page 200)

Statements: 2 + 9 + 15

Total: \_\_\_\_\_

If score  $\geq 6 \rightarrow$  This motivational pattern is significant.

#### 8. High-Dependence Smoker (go to page 200)

Statements:

1 + 14 + 21 + 11 + 18 + 20 + 2 + 9 + 15

Total: \_\_\_\_\_

If score  $\geq 20 \rightarrow$  High nicotine dependence is likely.

## Psychological Image Smoker

### EXERCISE

Make three lists:

- How tobacco can worsen your physical appearance.
- The improvements you will notice in your physical appearance when you quit smoking.
- Profiles of people you admire who are not compatible with smoking.

Smoking Causes	When I Quit I Will Gain	Profiles Not Compatible with Smoking

## Indulgent Smoker

### EXERCISE

List alternative rewards to give yourself after completing a task. Review your self-monitoring log to identify which cigarettes you usually smoke as a "reward."

Trigger (Task Finished)

New Reward

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## Stimulation Smoker

### Exercise: My Focus Roadmap

Don't let boredom be your trigger. Map out your "Low Energy" moments and plan your new stimulant.

My "Danger Zone" (Time/Activity)

My New Brain (non smoking)

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## How to Avoid Negative Thoughts When Quitting

If I constantly repeat the phrases in the first column, I will have a more pessimistic view of my chances of quitting smoking and it will make everything seem more difficult.

Instead, if I read the second column, I focus on what I want, without any fear, and it allows me to reach the third column and find solutions.

I'M AFRAID OF...	I WOULD LIKE...	SOLUTION



## Savings Calculation

Day 1 smoke-free: I save \_\_\_\_\_

I will buy \_\_\_\_\_

7 days smoke-free: I save \_\_\_\_\_

I will buy \_\_\_\_\_

1 month smoke-free: I save \_\_\_\_\_

I will buy \_\_\_\_\_

Months 2 & 3 smoke-free: I save \_\_\_\_\_ per month

I will buy \_\_\_\_\_

1 year smoke-free: I save \_\_\_\_\_ in 12 months

I will buy or do \_\_\_\_\_

## REFER THE TACTILE EXPERIENCE? UPGRADE TO THE PHYSICAL JOURNALS

While this printable Action Kit is a great start, many people find that having a dedicated, professional book to write in increases their commitment and success rate. If you want to keep your journey organized and have a permanent record of your victory over smoking, check out our official companion journals:

**ROAD TO DAY D:** The Preparation Workbook > Perfect for Phase 1 & 2 of the Simulator.  
> This workbook is designed for the critical days leading up to your quit date. It helps you analyze your habits, complete your diagnostic tests, and build the "tactical armor" you need before you smoke your last cigarette.

[Link: [View on Amazon](#)]

**ALONE AGAINST THE CIGARETTE:** The 90-Day Survival Journal > Perfect for Phase 3 & 4 of the Simulator. > Once you've quit, the real battle begins. This journal is your daily companion for the first three months of freedom. It includes 90 days of self-monitoring sheets, craving trackers, and motivational checkpoints to ensure you never have to face a trigger alone.



*"A plan written down is a contract with yourself. Choose your tools and claim your freedom."*