

Tapering Strategies List

Some of these strategies may be more helpful than others. Try them out and then use the ones that are most effective for you.

1. Smoke only ½ of the cigarette
2. Make your car, office, house smoke free
3. Enlist the support of your family, friends, and colleagues – tell them that you are quitting so they won't offer you cigarettes or smoke in front of you
4. Buy a brand of cigarettes that you dislike
5. Delay the time between cigarettes
6. When you are craving a cigarette, try to wait a few minutes – increase the wait time for each craving
7. Chew gum or crunchy food (i.e.: carrot sticks)
8. Keep your hands occupied
9. Track your cigarettes so you are aware of exactly how much you are smoking and under what circumstances
10. Avoid coffee, alcohol and any other triggers that you link to smoking
11. Change your routine (i.e.: go for a walk immediately after meals, eat breakfast in another room)

You may also have some additional strategies that you find helpful. Add them to this list:

12. _____
13. _____
14. _____