



PLANNING FOR CHANGE: GETTING READY TO QUIT

為改變制定計劃：準備戒煙

CONTACT NEMS: SAN FRANCISCO (415) 391-9686 DALY CITY (650) 550-3923 SAN JOSE (408) 573-9686 WWW.NEMS.ORG

Understanding the reasons why you smoke, in addition to considering your smoking patterns and routines, are important to the design of a successful quitting plan.

Consider the following before you quit:

WHY DO I STILL SMOKE?

My top 3 reasons for continuing to smoke are: (1)
(2)
(3)

WHY IS QUITTING IMPORTANT?

My top 3 reasons for wanting to quit smoking are: (1)
(2)
(3)

WHAT WERE YOUR MAIN DIFFICULTIES WITH QUITTING IN THE PAST?

My top 3 difficulties with quitting in the past were: (1)
(2)
(3)

WHAT ARE YOUR BARRIERS TO QUITTING NOW?

My TOP 3 barriers to quitting now are: (1)
(2)
(3)

WHAT IS THE WORST THING THAT COULD HAPPEN TO YOU IF YOU QUIT SMOKING FOR GOOD?

ARE YOU READY TO QUIT NOW? (WITHIN THE NEXT MONTH)

If YES, what will be your official quit date? ____ / ____ / ____ (ENTER DATE)

If NO, how will it benefit you to quit later?

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



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Smokers don't plan to fail. Most *fail* to plan. To plan for quitting you should:

(1) identify triggers for smoking and how to cope with them, (2) identify persons to help you throughout your quit attempt, and (3) choose the best methods—for you—for quitting.

WHAT ARE YOUR THREE MAIN TRIGGERS OR SITUATIONS FOR SMOKING?

To deal with situations when you feel the urge to smoke, you should (1) identify the trigger situation, (2) change what you do or how you do it, and (3) change the thoughts that trigger the desire to smoke.

Trigger #1:

- I will change *what I do* in this situation by:
- I will change *how I think* in this situation by:

Trigger #2:

- I will change *what I do* in this situation by:
- I will change *how I think* in this situation by:

Trigger #3:

- I will change *what I do* in this situation by:
- I will change *how I think* in this situation by:

WHO WILL HELP YOU WITH QUITTING?

My top 3 persons who will have a (1)
 positive influence on my ability to (2)
 quit for good: (3)

WHAT FORM OF COUNSELING ASSISTANCE WILL YOU RECEIVE WHILE QUITTING?

WHAT MEDICATION(S) WILL YOU USE FOR QUITTING, AND HOW WILL YOU USE THEM?

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了解你吸煙的原因和思考你吸煙的模式和習慣對你制定一個成功的戒煙計劃非常重要。
在戒煙之前思考以下問題：

為甚麼我依然吸煙？

我繼續吸煙的 3 個主要原因：

- (1)
- (2)
- (3)

為甚麼戒煙十分重要？

我想戒煙的 3 個主要原因：

- (1)
- (2)
- (3)

過去甚麼是你戒煙的主要困難？

過去我戒煙 3 個最困難的難題：

- (1)
- (2)
- (3)

現在戒煙有甚麼阻力？

我現在戒煙 3 個最大的障礙：

- (1)
- (2)
- (3)

如果你戒煙，最糟糕的事情是甚麼？

你現在準備好戒煙了嗎？(一個月內)

如果已經準備好，甚麼時候是你正式戒煙的日期？ / /

如果還沒準備好，晚些戒煙對你有甚麼益處？

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。
若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

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吸煙者戒煙失敗大都因為缺乏計劃。要制定戒煙計劃，你應該：

(1) 找出觸發你吸煙的因素以及如何應對，(2) 找出在你戒煙期間可以幫助你的人，(3) 選擇對你最好，最有用的方法戒煙

甚麼是觸發你吸煙的三種最主要情況？

應對觸發你吸煙慾望的情況，你應該

(1) 找出觸發吸煙慾望的事情，(2) 改變你做的事情或改變你的做法，(3) 改變觸發吸煙慾望的想法

觸發 1:	<ul style="list-style-type: none"> ▪ 在這種情況下，我會這樣改變我的做法： ▪ 在這種情況下，我會這樣改變我的想法：
觸發 1:	<ul style="list-style-type: none"> ▪ 在這種情況下，我會這樣改變我的做法： ▪ 在這種情況下，我會這樣改變我的想法：
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誰會幫助你戒煙？

前三位會對我戒煙產生積極影響的人：

- (1)
- (2)
- (3)

當你戒煙的時候，你會得到甚麼形式的輔導幫助？

你會用甚麼藥物幫助你戒煙？你會怎樣使用？

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