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The Diary

The fact that you're motivated to quit is a great starting point in becoming free of tobacco dependence. Maybe you've tried to quit before without success? Remember that your previous attempts have given you important and valuable insights and experiences to build on. These experiences can help you clarify what to focus on in your next attempt to quit. Tobacco products contain the addictive substance called nicotine. This diary will primarily address quitting smoking, and the effects related to cigarette cessation. However, if you use other types of tobacco products, such as snus, applying the advice in this diary may still be helpful and support your attempt to quit.

Ambivalence

Many people who try to quit experience doubts and hesitation towards being fully motivated. They may feel that they both want to quit and don't want to quit at the same time. Feeling ambivalent about quitting is common. Is this the right time to quit?

The decision form on the next page is a tool designed to help clarify both the advantages and disadvantages of continuing to smoke/use snus versus quitting.

The decision form

Advantages of continuing
to use tobacco

Advantages of
quitting tobacco

Disadvantages of
continuing to use tobacco

Disadvantages of
quitting tobacco

Motivation

The first step to boost your motivation is to think through why you want to quit. What do you want to achieve? What are you looking forward to? What would you like to avoid? What do you want to stop worrying about? If you have considered the reasons that make you want to quit in advance, it becomes easier to resist cravings for tobacco (nicotine) when they appear.

When the craving for a cigarette or snus appears, it's often easier to remember what you enjoyed about smoking or using snus than to recall why you want to quit. Therefore it's important to identify your own personal reasons, write them down in this diary, and hold on to it. Take some time in peace to think things through and write down your own reasons for quitting. Be as specific as possible. Don't settle for simply writing that you want to quit for your health if what you truly want is better physical fitness and less worry about serious illnesses.

Even if you participate in a smoking cessation course or receive other support to help you quit, there may still be days when you need extra encouragement to resist nicotine cravings.

Slutta.no is the official website of the Norwegian health authorities providing information on quitting, health risks, and other useful tools to help you stop using cigarettes, snus, and vaping products. "Slutta" is an application that can make quitting easier. The app is free of charge, and available in both Norwegian and English.

Best of luck!



Good reasons for quitting

I want to quit because

--	--	--	--	--	--	--	--	--	--

How much money do I save by quitting?

Cigarettes:

One pack of cigarettes costs approximately _____ .

One cigarette will therefore costs approximately _____ .

Multiply the number of cigarettes per day by the cost of one cigarette and use that as a starting point for your own calculation.

Every day, my smoking costs are approximately _____ .

Each week, my smoking costs are approximately _____ .

(Remember to add on an amount for the weekend)

My monthly smoking costs are approximately _____ .

That makes _____ your total amount for the year.

Snus:

One box of snus costs approximately _____ .

One snus will therefore costs approximately _____ .

Every day, my snus costs are approximately _____ .

Each week, my snus costs are approximately _____ .

(Remember to add on an amount for the weekend)

My monthly snus costs are approximately _____ .

That makes _____ your total amount for the year.

Quitting date

I started using tobacco products when I was _____ years old.

I've now been using tobacco products for _____ years.

Usually, I smoke _____ cigarettes a day.

Usually, I use _____ portions of snus a day.

I'm going to quit _____ (date)

Date: _____

Name: _____

"I'm so proud of myself for being able to quit. Finally managing something I'd wanted for so long feels genuinely good. I'm honestly surprised by how well I'm doing without it – it turns out I'm handling it really well".

*Eva, 37
Former smoker*



What happens when you quit

There are a lot of good reasons for choosing freedom from cigarettes. Listed below you'll find many of the health benefits resulting from quitting. Feel free to add your own experiences – they can encourage you even more.

When you quit, your body immediately begins to repair the damage caused by smoking. The risk of serious diseases begins to drop when you quit smoking. How quickly your body recovers depends on how much and for how long you've been smoking.

- **After 24 hours:** The level of carbon monoxide and oxygen is normalised. The risk of a heart attack decreases.
- **After 48 hours:** Your senses of taste and smell are improving.
- **After 72 hours:** Your lung capacity increases.
- **After 2 weeks–3 months:** Your blood circulation improves
- **After 1–9 months:** New cilia begin to grow in your airways. The risk of getting respiratory infections decreases.
- **After 3–9 months:** The smoker's cough lessens, and your breathing improves.
- **After 1 year:** The added risk of a heart attack is halved compared to that of people who've never smoked.
- **After 2–4 years:** The risk of developing cardiovascular diseases is significantly reduced.
- **After 10 years:** The risk of developing lung cancer is halved compared to those who still smoke. In the years to come, the risk will continue to decrease.

- **After 15 years:** The risk of a heart attack is the same as for people who have never smoked.

If you're trying to get pregnant, your chances of succeeding increase. The risk of impotence is reduced. When you quit, you avoid unwanted changes in your sex hormones caused by smoking. For woman, these unwanted hormonal changes may lead to osteoporosis and early menopause.



Toxins in cigarette smoke

When you smoke, you inhale many harmful toxins, including the addictive substance nicotine. The toxins in cigarette smoke cause harm and damage to the lungs. They are absorbed into your blood and have harmful effects throughout your body.

Smoking has been found to cause several serious diseases, such as cardiovascular disease, chronic obstructive pulmonary disease (COPD), and cancer. Smoking while pregnant increases the risk of harm to the fetus, reduced foetal growth, preterm birth, and stillbirth. Smoking increases the risk of type 2 diabetes and reduced eyesight. In addition, smoking reduces fertility in both men and women.

Toxins in snus

Snus contains harmful toxins, such as the addictive substance nicotine and carcinogenic tobacco-specific nitrosamines. The use of snus has been reported to increase the risk of certain cancers.

A high consumption of snus (more than four boxes a week) may increase the risk of developing type 2 diabetes.

When you use snus, your blood pressure will rise. The use of snus increases the risk of dying after a heart attack in both the short and long term. Continuing to use snus after having a stroke has been shown to increase the risk of dying.

Using snus while pregnant may be harmful to the fetus, and may lead to low birth weight, preterm birth, and in the worst case, stillbirth.

Snus may cause local changes in the oral mucosa and recession of the gums where the snus is placed.



Keep a record before your quit attempt

On the following 20 pages, you will find space to write a log for 10-14 days before your quitting date. Write down when and why you smoke or use snus. What made you light a cigarette or take a snus at that particular moment? Had you eaten? Did you get a phone call? Were you stressed?

Make note of how you experienced the cigarette or snus. How did it taste? How did it feel? What did you get out of it? Use a scale from 1 to 5, with 1 being "not good" and 5 being "very good".

Take a moment to really tune in to how you feel and be completely honest with yourself when you fill in the log. This will help you understand why you smoke or use snus, and identify the habits behind it. These are the habits you'll aim to change.



Log 1

Day/date		Experience
Nr.	Time	
1		
2		
3		
4		
5		
6		
7		
8		
9		

10	11	12	13	14	15	16	17	18	19	20

Log 2

Day/date		Experience
Nr.	Time	
1		
2		
3		
4		
5		
6		
7		
8		
9		

10	11	12	13	14	15	16	17	18	19	20

Log 3

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 4

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 5

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 6

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 7

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 8

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 9

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20

Log 10

Nr.	Day/date		Experience
	Time	Situation/why	
1			
2			
3			
4			
5			
6			
7			
8			
9			

10	11	12	13	14	15	16	17	18	19	20



Test yourself: Why do you smoke?

- A. I feel energized after a cigarette.
- B. Some of the pleasure of having a cigarette comes from having something in my hands.
- C. Smoking feels relaxing and pleasant.
- D. I feel an urge to smoke when I become annoyed or angry.
- E. I become restless when I run out of cigarettes.
- F. I find myself smoking automatically, without even noticing.
- G. I smoke when I need to get energized.
- H. Part of the pleasure of smoking lies in taking out a cigarette, fidgeting with it, and then lighting it up.
- I. Parties, good company and cigarettes go together.
- J. When I'm disappointed or feeling down, a cigarette feels comforting.
- K. I don't like the taste of cigarettes, but I still find myself smoking.
- L. Sometimes I light a cigarette without noticing that I had just finished the previous one.
- M. When I'm tired, having a cigarette helps.
- N. When I smoke, I find joy in watching the clouds of smoke I create.
- O. I prefer to smoke when I'm relaxing or taking a break.
- P. I tend to smoke when I'm excited, nervous or scared.
- Q. When I haven't smoked for a while, I get an intense craving.
- R. I've found myself with a cigarette in my mouth without having any idea how it got there.

For each question, find the score that best applies to you and write it next to the corresponding letter in the form below. Summarize your score to figure out what type (or types) of smoker you are. This can help you understand the main reason(s) why you smoke.

TYPE 1: STIMULUS
TYPE 2: SOMETHING TO FIDGET WITH
TYPE 3: COMFORT
TYPE 4: STRESS REDUCER
TYPE 5: CIGARETTE CRAVING
TYPE 6: HABIT

	Always	Often	Sometimes	Rarely	Never
A.	5	4	3	2	1
B.	5	4	3	2	1
C.	5	4	3	2	1
D.	5	4	3	2	1
E.	5	4	3	2	1
F.	5	4	3	2	1
G.	5	4	3	2	1
H.	5	4	3	2	1
I.	5	4	3	2	1
J.	5	4	3	2	1
K.	5	4	3	2	1
L.	5	4	3	2	1
M.	5	4	3	2	1
N.	5	4	3	2	1
O.	5	4	3	2	1
P.	5	4	3	2	1
Q.	5	4	3	2	1
R.	5	4	3	2	1

SUM:	A:	B:	C:	D:	E:	F:
	G:	H:	I:	J:	K:	L:
	M:	N:	O:	P:	Q:	R:
	TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6

Fagerströms Test for Nicotine Dependence

You can take this test online at sigarettavhengighet.no (in Norwegian).

1. How soon after you wake up do you smoke your first cigarette?

Within 5 minutes (3)

6–30 minutes (2)

31–60 minutes (1)

After 60 minutes (0)

2. Do you find it difficult not to refrain from smoking in places where it is prohibited (e.g. during flights, at the library, cinema etc.)

Yes (1)

No (0)

3. Which cigarette would you hate to give up?

The first one in the morning (1)

Any other (0)

4. How many cigarettes per day do you smoke?
- | | |
|------------|---|
| 10 or less | ① |
| 11–20 | ① |
| 21–30 | ② |
| 30 or more | ③ |
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
- | | |
|-----|---|
| Yes | ① |
| No | ① |
6. Do you smoke if you are so ill that you are in bed most of the day?
- | | |
|-----|---|
| Yes | ① |
| No | ① |

Add up the points from each answer.

7–10 points: High dependence

4–6 points: Moderate dependence

0–3 points: Low level of dependence

If you have moderate to strong nicotine dependence, it is recommended that you use smoking cessation medications. If your nicotine dependence is mild, it can be helpful to keep short-acting nicotine replacement therapies available, such as nicotine gum, for moments when you know you may experience a stronger urge to smoke.

«I smoked a lot - about twenty cigarettes a day - and I kept telling friends and people I knew that I'd never quit. I think I believed I was more addicted than I actually was. But once I finally decided to give it a real try, it turned out to be easier than I expected.

Quitting smoking is one of the things I'm most proud of in life».

*Anne-Malene, 37
Former smoker*



Practical advice for quitting snus or smoking

It may make the first 2–3 weeks of your quitting journey easier if you follow some of the advice given below. Prepare in advance to make the first few days after quitting as comfortable as possible. Plan to do things that give you energy and spend time with people you enjoy being with. Be extra kind to yourself during this time.

Most people who quit smoking or using snus will face some challenges. When it happens, you can look at this diary and remind yourself why you want to quit and what you'll gain from it. To prepare yourself, try to think through what you can do in situations that might be challenging.



Smoking accessories and snus boxes

Remove all ashtrays, cigarettes, and boxes of snus. Turn your home into a tobacco-free zone.

Environment

Tell the people close to you that you've quit. Ask for support and accept praise.

Hand-to-mouth habits

You're used to having a cigarette between your fingers or a snus under your lip for several hours each day. Make sure to have something to keep your hands busy. Your mouth is also used to constant stimulation. Chew on mints, gum, or small pieces of fruit. Use toothpicks.

Food

Avoid foods and drinks that may trigger cravings for cigarettes or snus. Vegetables, dairy products, and fish may cause fewer cravings than coffee, alcohol, and red meat. Distribute your meals evenly throughout the day to keep your blood sugar level stable. Low blood sugar levels can be mistaken for nicotine cravings.

Coffee

Be careful with coffee. After quitting smoking, caffeine has a stronger effect, and too much caffeine can easily be confused with withdrawal symptoms. Keep in mind that tea, energy drinks, and colas also contain caffeine.

Alcohol

It may be wise to be careful with alcohol during the early period after quitting. Many people find that cigarettes or snus are closely associated with alcohol, and when impulse control is lower, it becomes easier to give in to the temptation to smoke or use snus.

Restlessness and withdrawal

Stay active and do something you enjoy – being physically active can help restlessness and reduce withdrawal symptoms. It doesn't need to be a workout; even dancing or any activity that gets your heart rate up for a few minutes can help.

Lack of energy

When you quit smoking or using snus, it's normal to experience periods of low energy. It will pass. Lower your expectations of yourself and allow yourself to take it easy. Spending time outdoors in the fresh air and drinking plenty of water can help.

Stress

For many people, smoking or using snus has been a way to cope with stress. When you quit, it's helpful to find other ways to handle stressful situations. Think of a few alternatives in advance. It may also be useful to make a list of what can help you.

For some, quitting smoking or snus can feel stressful on its own. Allow yourself a few quiet days and reflect on what helps you relax. A couple of deep, calming breaths can help you relax and bringing back focus and a sense of calm.

Sadness

For some, quitting can feel like losing a "good friend". Talk to someone about what you're going through. You'll find additional support and encouragement at slutta.no.

Withdrawal symptoms

When you quit, your body may react to the absence of nicotine. This can lead to cravings for cigarettes or snus, as well as withdrawal symptoms. For many people, this can feel uncomfortable, but unfortunately it's completely normal. Withdrawal symptoms are a result of the imbalance that occurs when your body stops receiving nicotine.

Common withdrawal symptoms

- Irritability
- Depression/sadness
- Anxiety
- Restlessness and unease
- Difficulty concentrating
- Increased appetite
- Nicotine cravings



Even though withdrawal symptoms are uncomfortable, it's important to remember that most of them pass within a few weeks and that the discomfort gradually decreases. If today felt miserable, tomorrow will be better. The habit of smoking or using snus may persist a bit longer than the physical cravings. It takes time to adjust to a new, tobacco-free life. Over time, it will feel natural not to smoke or use snus, and tobacco will no longer be a part of your everyday life.

Your thoughts about the discomfort often determine how you experience it. It may help to think of the withdrawal symptoms as signs that your body is cleaning itself - that you're getting rid of waste products and becoming free from dependence.

Medications for smoking cessation

Nicotine replacement therapy (Nicorette, Nicotinell and Zonnic) and varenicline (Champix) are medications used for smoking cessation. These products increase the likelihood of successfully quitting. Although these medications are developed for smoking cessation, they may also be considered when quitting snus. Talk to your general practitioner about medication options, whether you plan to quit smoking or quit using snus.

Nicotine Replacement Therapy (NRT)

Nicotine replacement therapies provide your body with nicotine, which reduces physical withdrawal symptoms. This allows you to focus on breaking patterns and habits associated with smoking. In Norway, all nicotine replacement products are sold over the counter and are available both in pharmacies and in grocery stores in the form of chewing gums, patches, inhalers, lozenges, sprays, and oral powder (pouches).

You might feel that it's contradictory to keep using nicotine after quitting smoking. However, these products don't have the same addictive potential as cigarettes because they don't produce the same high levels of nicotine. Nevertheless, nicotine replacement products provide enough nicotine to ease withdrawal symptoms and reduce cravings.

Nicotine replacement products can be used in different ways. Research shows that using a nicotine patch can help manage general cravings, while a short-acting product - such as chewing gum - can be used alongside to handle urgent nicotine needs. In general, people with a strong nicotine dependence should use products with a higher nicotine content. The most common mistake is using too low a dose and for too short a period of time. Manufacturers recommend using nicotine replacement products for at least 3 months, but no longer than 6-12 months.

Ask the pharmacy for help in finding one or more products that suit you. Make sure to use a sufficient dose for the treatment to be effective, and gradually reduce the dose before stopping completely. Be sure to read the package leaflet for instructions on proper use.

Prescription medications for smoking cessation

Varenicline (Champix) acts directly on the nicotine receptors in the brain, reduce cravings and blocking the rewarding effects of smoking. The treatment lasts for 12 weeks and should begin about one week before quitting. Talk to your general practitioner to assess whether this treatment is something to consider.

My last cigarette/snus

Your last cigarette or snus is important simply because it's your last one. It marks the closure of what has been and the beginning of something new.

When you've had your last cigarette or snus, make a note of where and when it happened.

When cravings appear

It's helpful to have a plan for what to do when a nicotine craving appears – which is a normal part of quitting. It may help to remember that a craving rarely lasts more than 2-4 minutes, and that they become less frequent during the first two weeks. You should, however, be prepared to experience cravings from time to time during the first period of being tobacco-free, often in situations where you used to smoke or use snus. Think about what you can do when you get a craving - something that distracts you, or something you can use to motivate yourself to get through it. Maybe you need to remind yourself why you decided to quit, or what personal strengths you have that will help you succeed.

Cravings not only become less frequent - they also become weaker. And every time you resist a craving, your sense of control over smoking or snus increases.

Challenging situations

Everyone who quits smoking or using snus will, in one way or another, experience temptation and cravings for cigarettes or snus. These cravings may appear during the first days after quitting, but also later on. The best way to avoid a relapse is to think carefully about which situations you believe will be most challenging. What can you do in those situations instead of reaching for a cigarette or snus?

Try to identify three possible situations that may be challenging for you, and write down what you will do instead of having a cigarette or snus.

SITUATIONS WHERE I MAY FEEL TEMPTED:

MY PLAN FOR WHAT TO DO INSTEAD OF SMOKING OR USING SNUS:

Tempted to have just one?

Very few people choose to start smoking or using snus again – it often just happens: "I thought I could stop after that one cigarette, that I could keep it to just smoking at parties". Many people have experienced that it doesn't work that way, and that the one cigarette or snus quickly becomes the first of many.

20 cigarettes a day for another five years adds up to 36 500 cigarettes on the table in front of you. Three boxes of snus a week for another five years adds up to 780 boxes. 36 500 cigarettes or 780 boxes of snus equals a lot of money – is it worth it? Allow yourself to think this through before you decide to start again. Does the positive aspects of smoking outweigh the negative ones? Once you honestly consider what it would mean to start again, the answer usually speaks for itself.

In reality, there's only one cigarette or one snus you need to be careful of: the next one. By choosing to stay away from that one, you're making sure you continue living a tobacco-free life.

Decide to take control – to be able to look in the mirror and say: "No, I don't smoke" or "No, I don't use snus".

Tips for coping with cravings

- Step away from triggering situations and remind yourself why you want to quit.
- Pick up this diary and read through your own reasons for quitting.
- Chew on a toothpick or brush your teeth.
- Many people find that peppermint, strong mints, oranges and menthol reduce the desire to smoke or use snus.
- Being physically active is, for many people, a helpful way of coping with cravings. Find an activity that you enjoy.
- Call a friend or visit slutta.no.

You can find more tips at slutta.no.



«A lot of people focus on how much they'll miss that "friend" they find in the cigarette, but that feeling only lasts for a while. It will pass. Things settle quickly. I'm still joining my colleagues for breaks – I bring my coffee, while they bring their coffee and their cigarettes. It's as simple as that. I've no problem being smoke-free – that's what feels so great.»

*Odd, 43
Former smoker*



Where can I get support when I'm not in a quitting course?

- Slutta.no is the official website of the Norwegian Health Authorities, providing information on cessation, health risks, and other useful tools to help you stop using cigarettes or snus.
- "Slutta" is a free app designed to make it easier for you to stop smoking or using snus.
- At your general practitioner.
- At the pharmacy.
- At the health center for pregnant women and parents of young children (0-5 years).
- At the health centre for adolescents.
- At the Healthy Life Centres.

Smoke-Free Days

1 Congratulations – you have now begun your first day as smoke-free!	2 The carbon monoxide and oxygen levels in your blood are now back to normal.	3 Accept all the praise you receive – you have every reason to be proud.
4 Your risk of heart attack is reduced.	5 The muscles around your airways are starting to relax.	6 Your nerve cells have now adapted to the absence of nicotine.
7 One week as smoke-free – fantastic!	8 Have you remembered to give yourself a reward?	9 You smell better, and your sense of smell has improved.
10 Do you notice that you have more energy?	11 The withdrawal symptoms are starting to ease.	12 Does your food taste more now — and maybe even better?

<p>13</p> <p>Your blood circulation has improved – your skin looks fresher.</p>	<p>14</p> <p>Two weeks without cigarettes – impressive!</p>	<p>15</p> <p>Have you noticed any new scents?</p>
<p>16</p> <p>You are becoming less out of breath – your lung capacity is steadily improving.</p>	<p>17</p>	<p>18</p> <p>Have you noticed that your hands and feet are warmer?</p>
<p>19</p>	<p>20</p> <p>If you are coughing a bit more than usual, it is because the cilia in your airways are waking up again. A good sign!</p>	<p>21</p>
<p>22</p> <p>Do you notice that you have more time?</p>	<p>23</p>	<p>24</p> <p>Money saved is money earned - how much have you saved so far?</p>

25	26 Imagine how many cigarettes you've chosen not to smoke. Your body is grateful.	27
28 1 month smoke-free – congratulations!	29	30 Your blood circulation has improved.
31	32 Has your smoker's cough eased or disappeared?	33
34 It is wonderful to be able to leave the house without having to search for my cigarettes!	35	36 Do you notice that it is easier to walk up the stairs?

37	38	39
	Heading to a party? What is your plan if you get a craving for a cigarette or snus?	
40	41	42
"It feels great to notice that I no longer lose my concentration toward the end of meetings"		You have reduced your risk of losing teeth due to gum disease.
43	44	45
	How much money have you saved – and how would you like to use it?	
46	47	48
		Good luck going forward!

