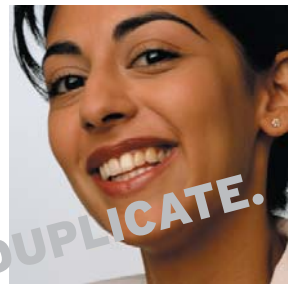


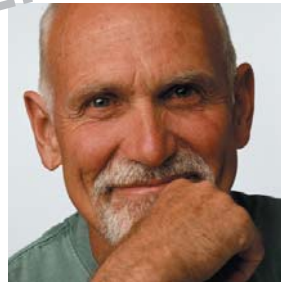


FOREVER
FREE[™]

A Guide
To Remaining
Smoke Free



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Lifestyle
Balance

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This is the seventh booklet in the Forever Free series. This booklet covers making lifestyle changes to replace smoking in your life. It describes the importance of balancing your life with things that you like and want to do.

Stress

The last booklet discussed how stress can lead to urges for cigarettes. It ended by suggesting that you look at your lifestyle to see if you can reduce your stress level. This booklet picks up where the last one left off.

Booklet 6 mentioned two types of stress: “major life events” and “daily hassles.” Most people tend to remember the major events that occur in their lives. But the daily hassles, the little events of daily life, are often more important causes of stress. On a day-to-day basis, your mental and physical health is affected by the minor problems of life. These problems include money concerns, problems with family and friends, hassles at work, and not enough time for rest and sleep, to name a few. Although these hassles seem minor, they add up each day.

“Shoulds” versus “Wants”

One way to think about the causes of stress is to think about the “shoulds” in your daily life. *Shoulds* are the demands that you or other people place upon yourself. These are the things that you feel you “should” do: pay the bills, walk the dog, fix the car, clean the house, go to work, and so on. People will have different lists of shoulds.

In contrast to the shoulds in your life are the “wants.” These are things that you really want to do. These things give you pleasure. They may be activities such as spending time with your children, reading, dancing, watching TV, and so on. Once again, each person will have his or her own list of wants. One person’s should (such as walking) may be another person’s want.

There is no way to avoid all the daily hassles or all the shoulds in your life. You could not survive. But, a healthy lifestyle should be balanced. It is normal to have both shoulds and wants. We call this a “balanced lifestyle.” It is easy for a lifestyle to get out of balance over time. With life come responsibilities, and these responsibilities tend to increase with age. This is fine, as long as the unpleasant shoulds are balanced with pleasant wants.

Keep a Balance



However, many—if not most—people find that the shoulds slowly replace the wants in their lives. This may be especially true of smokers. Often, smokers use cigarettes as their want. That is, they begin to reward themselves by smoking rather than by doing other activities they enjoy. Over time, smokers use more cigarettes and do fewer other fun activities. It is easy to see how this happens. The nicotine in cigarettes can provide brief pleasure, energy, or even relaxation. Smoking is a quick and easy way to have a brief want. Of course, it is also a very poor way to get pleasure. It is not healthy and can harm you.

What happens after people quit smoking? If they have been using cigarettes to satisfy most of their wants, then they may not remember how to get pleasure. Instead, their life falls more out of balance. The hassles and shoulds are still there, but the wants are not.

Now would be a good time to get balance in your life. On the next pages, list your Daily Hassles and the *shoulds* in your life. (You may have listed some of these hassles on page 3 of the last booklet, so that list may help you.)

Your “Daily Hassles” (The small events of daily life)

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____

✓ _____



Your “Shoulds”

(Things you do because you should)

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Next, list the wants in your life. These should be the things that you really like to do and that you do on a regular basis.

Your “Wants” (Things you do because you want to)

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Now look over your lists. Your life is in balance if you have a want listed for every hassle and should that you listed. This is only a rough guide, because a big hassle may need more than one want to balance it out. In the same way, a strong want activity may balance out many smaller hassles or shoulds.

Is your lifestyle balanced? Do you have enough wants in your life? If not, go back to your wants list and try to add some things that give you pleasure. Add only those activities that you would be willing to do and can do regularly.

Are you having trouble coming up with wants for your list? If so, do not feel bad. Many people have an easier time listing shoulds than wants. But you are in luck! We have included at the end of this booklet a list of “pleasant events.” Read this list to get some ideas.

Once you have created a list of wants that balances out your hassles and shoulds, then the trick is to **do** the wants. Keep this booklet handy and try to add wants to your daily life. But do not put so much pressure on yourself that the wants turn into shoulds!

Positive Addictions

Smoking cigarettes was a “negative addiction.” That is, it was a habit that was bad for you and that you wanted to stop. There are also “positive addictions.” These are habits that are healthy. They can replace negative addictions, such as smoking, in your life.

Negative addictions often feel good at first, but they have negative effects in the long run. For example, smoking may seem to get rid of stress, but it is unhealthy. It can harm you. Positive addictions may feel bad at first but have positive effects in the long run. For example, at first running can be unpleasant, but with time, running can make you feel good. It is also healthy.

A positive addiction (habit) involves an activity that you choose to do and that you can spend about an hour per day doing. It is easy to do and does not take a lot of mental effort to do well. You feel it has some value (physical, mental, or spiritual) for you. And it is an activity that you can do without criticizing yourself. If you cannot accept yourself during this time, the activity will not be addicting. And once again, you do not want to turn a positive addiction into a should in your life.

One way to change your life is to replace negative addictions (such as smoking) with positive addictions (habits). In other words, the goal is to change bad habits to good habits.

What kind of activities can become “positive addictions? Here are a few:

- Exercise (but speak to your doctor before greatly increasing your normal exercise level).
- Relaxation.
- Meditation.
- Prayer.
- Hobbies.

There is not room in this booklet to describe each of these positive addictions in detail. But books can be found at the library and bookstores.

After Jenny quit smoking, she found that she did not seem to be enjoying life as much as she would like. She had slowly replaced most fun activities with smoking. Now that she had quit smoking, her life seemed empty. Jenny made lists of the “shoulds” and “wants” in her life. The “shoulds” included: taking care of her older parents, getting ahead in her job, keeping the house clean, paying her bills, and so on. She had trouble coming up with even one “want” for her list. After reading the Pleasant Events List, she was able to think about the things she had liked to do when she was younger: going to the beach, eating out with friends, reading romance novels, and dancing. As she made time for putting these activities back into her life, she became more satisfied with her life. Jenny thought of cigarettes less and less often.

A common concern of people who try to increase the “wants” or “positive addictions” in their lives is that they simply do not have time for more activities. Work and chores seem to take up every waking moment.

How can you possibly add pleasant events to your busy life?

Almost everybody feels this way at first. The key is to start small, and set time for things you enjoy doing. If you do not set time aside for the “wants” at first, they tend to be crowded out by the “shoulds.” Perhaps you could begin by setting aside just one half hour per week for doing something fun. As you get more and more into the habit of doing that activity, you will find that it becomes easier and easier to find the time. Eventually that activity becomes a “positive addiction,” and you find the time to do it, just as you had found the time for smoking and for the “shoulds” in your life. Give it a try!!!

Summary

Most people find that they can reduce their level of stress by making minor changes in their lives. This often involves increasing the amount of pleasant activities (*wants*) in their lives, or by developing “positive addictions.” Both ways can help fill the gap that is often felt after quitting smoking.

By quitting smoking, you have improved your health and probably added years to your life. Now is the right time to make changes to increase your joy of living. Good luck!¹



Pleasant Events List

This list was developed by asking a lot of people what they do for fun. Read through the list and check off the activities that could be *Wants* for you. Add to your *Wants* list on page 6 the activities that you are able to do. Then try to do them!²


- | | |
|---|---|
| <input type="checkbox"/> Being out in the country. | <input type="checkbox"/> Thinking up a song or music. |
| <input type="checkbox"/> Wearing nice clothes. | <input type="checkbox"/> Saying something clearly. |
| <input type="checkbox"/> Volunteering. | <input type="checkbox"/> Boating (canoeing, motor-boat- ing, sailing, etc.) |
| <input type="checkbox"/> Talking about sports. | <input type="checkbox"/> Restoring antiques, refinishing furniture, etc. |
| <input type="checkbox"/> Meeting someone new. | <input type="checkbox"/> Watching TV. |
| <input type="checkbox"/> Going to a concert. | <input type="checkbox"/> Talking to myself or a friend. |
| <input type="checkbox"/> Playing ball. | <input type="checkbox"/> Camping. |
| <input type="checkbox"/> Planning trips or vacations. | <input type="checkbox"/> Working in politics. |
| <input type="checkbox"/> Buying things for self or some- one you care about. | <input type="checkbox"/> Working on machines (cars, bikes, motorcycles, tractors, etc.). |
| <input type="checkbox"/> Going to the beach. | <input type="checkbox"/> Thinking about something good in the future. |
| <input type="checkbox"/> Doing art work (painting, sculp- ture, drawing, movie-making, etc.). | <input type="checkbox"/> Playing cards. |
| <input type="checkbox"/> Rock climbing. | <input type="checkbox"/> Completing a hard task. |
| <input type="checkbox"/> Reading the Bible. | <input type="checkbox"/> Laughing. |
| <input type="checkbox"/> Playing golf. | <input type="checkbox"/> Solving a problem, puzzle, cross- word, etc. |
| <input type="checkbox"/> Decorating my room or house. | <input type="checkbox"/> Being at weddings, baptisms, confirmations, etc. |
| <input type="checkbox"/> Going to a sports event. | <input type="checkbox"/> Having lunch with friends. |
| <input type="checkbox"/> Reading a "How to Do It" book or article. | <input type="checkbox"/> Playing tennis. |
| <input type="checkbox"/> Going to the races (horse, car, boat, etc.). | <input type="checkbox"/> Taking a shower. |
| <input type="checkbox"/> Reading stories, novels, poems, or plays. | <input type="checkbox"/> Driving long distances. |
| <input type="checkbox"/> Going out with friends. | <input type="checkbox"/> Woodworking, carpentry. |
| <input type="checkbox"/> Going to lectures or hearing speakers. | <input type="checkbox"/> Writing stories, novels, plays, or poetry. |
| <input type="checkbox"/> Breathing clean air. | <input type="checkbox"/> Being with animals. |

- Riding in an airplane.
- Hiking.
- Having a frank and open conversation.
- Singing in a group.
- Thinking about myself or my problems.
- Working on my job.
- Going to a party.
- Going to church functions (socials, classes, etc.).
- Speaking in a foreign language and learning.
- Going to service, civic, or social club meetings.
- Going to a business meeting or a convention.
- Being in a sporty car.
- Playing in a band.
- Making soup.
- Being helped and helping others.
- Combing or brushing my hair.
- Acting.
- Taking a nap.
- Being with friends.
- Canning, freezing, making preserves, etc.
- Solving a personal problem.
- Being in a city.
- Taking a bath.
- Singing to myself.
- Making food or crafts to sell or give away.
- Playing pool or billiards.
- Being with children.
- Playing chess or checkers.
- Doing craft work (pottery, jewelry, leather, beads, weaving, etc.).
- Putting on makeup, fixing my hair, etc.
- Designing or drafting.
- Visiting people who are sick or in trouble.
- Cheering.
- Bowling.
- Teaching someone.
- Learning from someone.
- Using my strength.
- Traveling.
- Going to office parties or departmental get-togethers.
- Attending a concert, opera, or ballet.
- Playing with pets.
- Going to a play.
- Looking at the stars or moon.
- Being coached.
- Coaching.
- Being popular at a gathering.
- Watching wild animals.
- Having a good idea.
- Gardening.
- Reading essays or technical, academic, or professional literature.
- Wearing new clothes.
- Dancing.
- Sitting in the sun.
- Riding a motorcycle.
- Just sitting and thinking.
- Seeing good things happen to my family or friends.

- Going to a fair, circus, zoo, or park.
- Talking about philosophy or religion.
- Planning something.
- Listening to the sounds of nature.
- Dating, courting, etc.
- Having a lively talk.
- Racing in a car, motorcycle, boat, etc.
- Listening to the radio.
- Having friends come to visit.
- Playing in a sports competition.
- Introducing people I think would like each other.
- Giving gifts.
- Going to school or government meetings, court sessions, etc.
- Getting massages or backrubs.
- Getting letters, cards, or notes.
- Watching the sky, clouds, or a storm.
- Going on outings (to the park, a picnic, a barbecue, etc.).
- Playing basketball.
- Buying something for my family.
- Photography.
- Giving a speech or lecture.
- Reading maps.
- Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.).
- Working on my finances.
- Wearing clean clothes.
- Making a major purchase or investment (car, appliance, house, stocks, etc.).
- Helping someone.
- Being in the mountains.
- Getting a job advancement (being promoted, given a raise or offered a better job; getting accepted to a better school, etc.).
- Hearing jokes.
- Talking about my children or grandchildren.
- Meeting someone new.
- Going to a crusade.
- Talking about my health.
- Seeing beautiful sights.
- Eating good meals.
- Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.).
- Going to the city.
- Wrestling or boxing.
- Hunting.
- Playing in a musical group.
- Hiking.
- Going to a museum or exhibit.
- Writing papers, essays, articles, reports, memos, etc.
- Doing a job well.
- Having spare time.
- Fishing.
- Loaning something.
- Being noticed as attractive.
- Pleasing employers, teachers, etc.
- Going to a health club, sauna bath, etc.
- Learning to do something new.
- Going to a "Drive-in" (Dairy Queen, McDonald's, etc.).
- Praising someone.
- Thinking about people I like.

- Being at a gathering.
- Being with my parents.
- Horseback riding.
- Talking on the telephone.
- Having daydreams.
- Kicking leaves, sand, pebbles, etc.
- Playing lawn sports (badminton, croquet, shuffleboard, horse-shoes, etc.).
- Going to school reunions, alumni meetings, etc.
- Seeing famous people.
- Going to the movies.
- Kissing.
- Being alone.
- Budgeting my time.
- Cooking meals.
- Being praised by people I admire.
- Outwitting a “superior”.
- Feeling the presence of the Lord in my life.
- Doing a project in my own way.
- Doing “odd jobs” around the house.
- Crying.
- Laughing.
- Being told I am needed.
- Being at a family reunion or get-together.
- Washing my hair.
- Coaching someone.
- Going to a restaurant.
- Seeing or smelling a flower or plant.
- Being invited out.
- Inviting someone out.
- Receiving honors (civic, military, etc.).
- Using cologne, perfume, or aftershave.
- Having someone agree with me.
- Talking about old times.
- Getting up early in the morning.
- Having peace and quiet.
- Doing experiments or other scientific work.
- Visiting friends.
- Writing in a diary.
- Playing football.
- Saying prayers.
- Giving massages or backrubs.
- Doing yoga.
- Doing favors for people.
- Talking with people on the job or in class.
- Being relaxed.
- Being asked for my help or advice.
- Thinking about other people’s problems.
- Playing board games (Monopoly, Scrabble, etc.).
- Sleeping well at night.
- Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.).
- Reading the newspaper.
- Being in a body-awareness, sensitivity, encounter, therapy, or “rap” group.
- Dreaming at night.
- Playing ping-pong.
- Brushing my teeth.

- Swimming.
- Running, jogging, or doing gymnastics, fitness, or field exercises.
- Walking barefoot.
- Playing frisbee or catch.
- Doing housework or laundry; cleaning things.
- Listening to music.
- Knitting, crocheting, embroidery, or fancy needlework.
- Petting, necking.
- Amusing people.
- Going to a barber or beauty shop.
- Having house guests.
- Being with someone I love.
- Thinking about someone I love.
- Reading magazines.
- Sleeping late.
- Starting a new project.
- Being stubborn.
- Going to the library.
- Preparing a new or special food.
- Bird watching.
- Shopping.
- Watching people.
- Building or watching a fire.
- Winning an argument.
- Selling or trading something.
- Finishing a project or task.
- Confessing or apologizing.
- Fixing things.
- Working with others as a team.
- Bicycling.
- Telling people what to do.
- Being with happy people.
- Playing party games.
- Writing letters, cards, or notes.
- Talking about politics or public affairs.
- Asking for help or advice.
- Going to banquets, luncheons, potlucks, etc.
- Talking about my hobby or special interest.
- Watching attractive women or men.
- Smiling at people.
- Playing in sand, a stream, the grass, etc.
- Talking about other people.
- Being with my husband, wife or partner.
- Having people show interest in what I have said.
- Going on field trips, nature walks, etc.
- Expressing my love to someone.
- Caring for houseplants.
- Having coffee, tea, a coke, etc., with friends.
- Taking a walk.
- Collecting things.
- Playing handball, paddleball, squash, etc.
- Sewing.
- Remembering a departed friend or loved one, visiting the cemetery.
- Doing things with children.
- Beachcombing.
- Being told I have done well.
- Being told I am loved.
- Eating snacks.

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Staying up late. <input type="checkbox"/> Having family members or friends do something that makes me proud of them. <input type="checkbox"/> Being with my children. <input type="checkbox"/> Going to auctions, garage sales, etc. <input type="checkbox"/> Thinking about an interesting question. <input type="checkbox"/> Doing volunteer work, working on community service projects. <input type="checkbox"/> Water skiing, surfing, scuba diving. |  | <ul style="list-style-type: none"> <input type="checkbox"/> Receiving money. <input type="checkbox"/> Hearing a good sermon. <input type="checkbox"/> Winning a competition. <input type="checkbox"/> Making a new friend. <input type="checkbox"/> Talking about my job or school. <input type="checkbox"/> Reading cartoons, comic strips, or comic books. <input type="checkbox"/> Borrowing something. <input type="checkbox"/> Traveling with a group. <input type="checkbox"/> Seeing old friends. <input type="checkbox"/> Going to the gym. |
|--|---|---|

Sources:

- ¹ Many of the ideas in this booklet came from: Marlatt, G. A. (1985). Lifestyle modification. In G. A. Marlatt & J. R. Gordon (Eds.), *Relapse Prevention*. New York: Guilford.
- ² MacPhillamy, D. J., & Lewinsohn, P. M. (1982). *Journal of Consulting and Clinical Psychology*, 50, 363-380.

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Director: Thomas H. Brandon, Ph.D.
1(877) 954-2548

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