

TRANSCRIPT

YASMIN'S COMPILATION QUIT JOURNAL



(Today, young women are increasingly targeted by big tobacco. Yasmin is one of those women)

Yasmin: Hi my name is Yasmin and it's day one of my quit journal. The main reason why I want to quit, is because I really, I mean, I take great pride in being a mom. My kids are my world. And I feel like I'm not being a mom to my fullest potential if I'm a smoker, because part of being a parent is leading by example. You know how can I tell them "Oh smoking is bad for you!" when I'm smoking? But I'm kind of scared because for the past two days I've been saying that I was gonna quit, but the more I say it the more I smoke. I'm kind of questioning whether I can actually do it.

I tried to last 24 hours without smoking, but only made it through 11 before I gave into temptation and went to the store to buy a pack of cigarettes and started smoking again. I'm starting to realize how hard this really is, and now I understand why a lot of people I've seen say "Oh, I'm gonna quit smoking." And then they don't quit.

(She needed to stop and she realized she needed help)

But anyways I'm starting to believe I'm way over my head to do this alone, and what I'm gonna do is tomorrow I'm gonna give a call to the Florida Quitline and see what advice they have to offer or what recommendations for products they feel I should use.

(She had plenty of reasons to quit, and now she had the tools to succeed.)

These are my 3 little motivators. This is my daughter Xylena. Say hi xylena! This is Anthony. Say hello Anthony! "Hello!" This is Gage. Say hi Gage. "Hello mommy!"

It is 5:20 today on April the 15th, and I have not smoked a cigarette all day, which I am so proud of myself for. I have to give special thanks to the nicotine patch that I've been wearing all day. It definitely helped a lot, but I was actually looking on the web and considering getting some other form of alternative. So far it's working good. It's only the first day so hopefully it will get me somewhere.

(Not smoking left Yasmin with more free time...)

I noticed that I replaced smoking with like a lot of things, or I used smoking to avoid a lot of things. I decided maybe if I do those things more, if I work more, if I talk more, if I interact more with other people such as my kids, my co-workers and stuff like that. I guess what I'm trying to say is that I think why I smoked so much because I felt like I had too much time on my hands.

(...and she took full advantage.)

You know quitting smoking, I really started to see the rewards and benefits behind it. My boss at work complimented on the fact that I seem more productive at work since I'm not taking cigarette breaks anymore. I'm glad that my boss is proud of me. Kind of makes me feel real proud of me too.

Hey its Yasmin, and as you can see I'm in the process of getting ready to go out to work, and I'm running a little bit late. Normally I would freak out and smoke a couple cigarettes to calm me down so I can get my head together, but I am not doing that today. I am good cause I have not been doing that for a while. I think I've been on the right track and pretty soon everything will be as I expected, which is cigarette free.

I'm sitting here at the bubs stop, waiting for the bus. This is normally one of the places where I smoke and as you can see I'm not smoking. This has been a really good journey for me, and I have learned a lot about myself, and I realize that you know sometimes you can use the help of things such as the advice of friends or nicotine patches. And then there are times when you just need yourself, and your own common sense, your own feelings. Just yourself.

(As Yasmin's journal ended, the rest of her life began.)

Hey this is Yasmin and I have to say that sad enough this is the last entry that I am making. I have to really say that I have come a long way. I am so glad that I started this journal and even though I am ending this one, I am going to continue one for myself for my own personal use. This is all for now, and its been great. Bye.

(To see more written & video entries from Yasmin's Quit Journal, click the links below.)