

Debra Hix FDOH Video Journals:

Debra Hix v1.mp4

I'm Debbie, and I'm a chain smoker, but today is January the first. I'm going to give it an honest effort to quit smoking. So today I'm wearing the patch all day, and I really don't feel sorry for myself or think I can't do it. I really have the feeling that I can do it. I'm really positive about it.

I have all this time now, because before I was chain-smoking one after the other, and it was outside. Now I'm inside and I see things I can do, um, it's remarkable, it's just remarkable how much time I have and different things that I can do besides smoking.

Well I'm outside and I really want a cigarette, but I'm not gonna have one. I'm just enjoying being outside, not smoking, and minute by minute just resisting the urge to have a cigarette.

Well I'm sitting in the garage where I usually smoke, and I was thinking I could resist the urge to have a cigarette and just enjoy being outside. But I was wrong; I ended up lighting a cigarette and I had three or four puffs and that's all, and it was a menthol cigarette, which I didn't enjoy. I definitely won't have any more tonight. I should've taken a walk, which I thought of, but I didn't do. I know what I should have done, and I know what I did. And I shouldn't have done that.

Today is January fourth. It's the fourth day of my attempt to quit smoking. The days are going by fast and I think I've done pretty good, but it was after the party when I came back that I had a cigarette. It was like a habit returning to smoke a cigarette once you get back home. Plus I ate quite a bit at the party, which was unusual, but um, I was disappointed in myself last night, but it's just a minor setback. I know that I can quit totally.

I just feel like today has been a setback. Um, maybe the newness of quit smoking has worn off. I don't know, I've got to think of something, got to think of something new to do, maybe call a friend or go over to a friend's house.

Um, this is my fifth day of trying to quit smoking and it has been a wonderful day. It was a good day. Now, yesterday was a terrible day, um, I had started smoking like a half of a cigarette three or four times yesterday. And I realized what this is becoming a habit that it's okay to smoke half of a cigarette. Well I don't want to do that, I don't want for that to be a habit, for me to still smoke and say it's okay because it's just a half a cigarette. I've just, I'm just not in the garage thinking and smoking and not accomplishing anything at all. Life is just too short to seclude yourself and smoke. I don't want to do that the rest of my life.

This morning I guess it was around 9:30-10:00 I just had an urge, a real bad urge to have a cigarette. I've never felt an urge that strong yet. I went through it, I passed through it; it didn't last long. I chewed some gum, I had some water, I had

a cup of coffee. But I do want to go in the garage and have a couple of puffs of a cigarette. That's what I really want to do.

I'm quitting, I know I'm quitting, and if I have a puff or two of a cigarette in a day, I'm doing good. I'm not smoking a pack and half like I used to smoke. So my whole life revolved around smoking. I have a sense of freedom that I don't have to do that anymore.

I thought the morning time would be my hard time to quit smoking, but it seems like in the evenings when I come home from work and I see what I have to do at home, and I kind of get anxious, I'm running errands, I'm busy, and I just want a cigarette to sit back, relax, and I feel anxious and I just needed to calm down. But I find that even my familiar places where I used to smoke, it doesn't bother me to sit there, like the fireplace this morning, and I used to smoke in front of the fireplace. But this morning it didn't bother me. I didn't want a cigarette; it was just relaxing to sit there.

I'm really not sure what to do and how to handle it. Because I feel like I'm slipping back. My will power is way down. I'm just hoping that tomorrow when I'm at work that everything will be better.

I found out today that a coworker has lung cancer. She's about my age, and she smokes, and that took me back, um, I really don't want to go there. I guess I think it won't happen to me, but that's wrong. I'm very wrong at thinking that.

It's January the 19th, I've had three days off, Saturday, Sunday and Monday, and I haven't quit smoking. But I've gone outside, lit a cigarette, had a couple of puffs and put it out. I've done that four, five, maybe six times Saturday and Sunday, and so far today I've done it about four times. I haven't smoked a complete cigarette. Like I said just one or two puffs and I throw it away, but still it's smoking. And I can truly say that I haven't quit smoking because of that.

Today is Friday, January the 23rd, and the last time I lit a cigarette up was Monday at 2:40 PM. Four days without a cigarette, um, I don't miss them; I'm doing fine. The only thing is I tend to be eating out of nerves. But other than that I feel good I tend to look better; I'm just doing real good without a cigarette.

It's just a nasty habit. I see it as being very nasty, and I didn't see that before.

Today is January the 28th this Wednesday. People at work were telling me, "Well you don't look tired. You don't look drawn. You look like you have more energy." And I do. I feel better, just totally feel better. I don't want to be around cigarettes. It's too much of a temptation now. Maybe as the years go by it won't bother me as much. But right now it's just too much of a temptation to have cigarettes around.

I don't know. It's like something magical has happened that I just don't want to smoke anymore. I feel happier; I feel better; I just don't want to be a slave; I want to be free from having to smoke at certain hours so many cigarettes or just sit

there and smoke smoke smoke without doing anything else. I was definitely a chain smoker. And it's nice to wake up in the morning and I don't have to go downstairs and have two cigarettes before getting ready to go to work or doing whatever I want to do. I get up now and I can go get ready. So that feels really good. That's a nice feeling that I don't have to have those cigarettes in the morning.

Today is January 31st, It's Saturday. It's a beautiful day outside, and it's my last day of videotaping myself. And I think I have done a wonderful job about trying to quit smoking. Since I started it January 1st I've had maybe I don't know, four or five cigarettes. And There for a while I was taking a puff or two and putting them out. I've done really good. I've had people who support me, people who I barely knew that I've told that I've, I'm trying to quit smoking. Um, I've told pretty much everyone I see and know that I am trying to quit. And there's a lot of ex-smokers out there, um, and they have been helpful and given me advice on how they quit, how long they've quit, so I know it can be done. And I've done real good. I'll never be a smoker again. I know I won't. I'll never ever be a smoker again.

Zi6_0023.MOV

I'm Debbie, and I'm a chain smoker, but today is January the first. I'm going to give it an honest effort to quit smoking. So far I've done pretty good. It's about 7:30 in the morning and usually I need a couple of cigarettes and a diet coke to get my day going. And I felt like that this morning, real groggy and that I couldn't really wake up, so I did pour a diet coke. But I had some miniature cigars that were filtered and I only had a couple puffs of that. And that's all I needed and I didn't need any more nicotine. Well I went ahead and took my shower and I put on the patch. So today I'm wearing the patch all day, and I really don't feel sorry for myself or think I can't do it. I really have the feeling that I can do it. I'm really positive about it. I have hard candy and gum, a calendar, a journal. I bought a pack of menthol cigarettes because I can't stand menthol cigarettes if I have to have something in my hand to smoke. I'm real positive. I think I can do it.

ZI6_0024.MOV

Here I am again. It's about 10:00 in the morning. So far, I've stayed busy. I went to the office and took the Christmas tree down. The urge to smoke is there though. So I came home and poured a cup of coffee. Now I'm sitting by the fireplace, my favorite place to smoke, but I'm not smoking. I'm trying to plan the day on what I need to do today and what I would enjoy. But it isn't that bad, it really isn't. And if I absolutely can't stand it anymore I know I can light that cigar up one more time, take one puff and I wouldn't want any more cigarette. But I don't think I'm even gonna even do that. I think everything is gonna be ok. I'm really positive. I just need to find something to do with my time, because since I

was a chain smoker that's all I did was smoke, most of the time. But now I need to find other things that I will enjoy doing.

Zi6_0025.MOV

Well it's the end of January the First 2009. And it's the end of the first day that I've tried to quit smoking. And I'm very proud of myself, I've done a real good job today. I have had six maybe 7 puffs off a cigarette. Probably didn't need that, but I had them anyway. Stayed busy today, I went to the office and took down the Christmas tree. I cleaned half of the house, not all of it; I want to have something to do tomorrow. I went on a walk, I read, and I watched TV more today than I have in the past three months. Usually I would spend my time in the garage smoking, and today I've enjoyed watching TV with my husband. So it's been a good day; I feel good, and I can't wait for the day to say I feel really good because I'm not smoking. And I've watched what I have eaten today. I haven't had very much. I've had one piece of hard candy, probably didn't need that. One thing I have done, I've started drinking a lot of fluids. I've had four maybe five liters of water. I've had two diet cokes 44oz. I've had two cups of coffees, so that's a lot of liquids, but I drank a lot of liquids before. But I think today's been a real good day, and I hope it continues for the next 30 days. For the rest of my life so I can finally say that I'm not a smoker, I've quit.

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This is the second of January; the second day that I've tried to quit smoking, and I'm doing great. I feel good. This morning I did have half a cigarette, but I really didn't need that. Um, I woke up this morning just feeling great at 4:30, 5:00. I wanted to get up, didn't seem like I need caffeine or nicotine to get me going, but I had this time on my hand that I didn't know what to do. I have all this time now, because before I was chain-smoking one after the other, and it was outside. Now I'm inside and I see things I can do, um, it's remarkable, it's just remarkable how much time I have and different things that I can do besides smoking. Even though I did have half a cigarette I don't feel like a failure. I really didn't need it; tomorrow morning I may not have it. Later on this afternoon, I may have to have half a cigarette. I don't know. But I can learn from it, and I'm doing great. The second day has not been bad.

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Well I'm outside and I really want a cigarette, but I'm not gonna have one. I'm just enjoying being outside, not smoking, and minute by minute just resisting the urge to have a cigarette. I'm drinking a lot of fluids, and that seems to help. Plus I'm eating healthier. By the end of 30 days when I should be completely quit and not

even half a cigarette in the morning, I'm planning on losing five, seven pounds this month while I quit smoking. I think that's why I feel so good because I am eating better.

Zi6_0029.MOV

Well I'm sitting in the garage where I usually smoke, and I was thinking I could resist the urge to have a cigarette and just enjoy being outside. But I was wrong; I ended up lighting a cigarette and I had three or four puffs and that's all, and it was a menthol cigarette, which I didn't enjoy. I definitely won't have any more tonight. I should've taken a walk, which I thought of, but I didn't do. I know what I should have done, and I know what I did. And I shouldn't have done that. Anyway, no more cigarettes today for sure. Tomorrow I'm going out of town and we'll have to see how that goes. I'm going to spend the night and come back Sunday, and take this video camera with me and I'll record how it goes when I go to Crestview tomorrow.

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Here I am; it's January third, the third day that I've tried to quit smoking and I feel good. I don't know why, maybe it's the patch that I'm wearing, but um, for two days I've gotten up at 4, 4:30 feeling alert. I really didn't need my diet coke, I really didn't need my coffee. And I was worried about the morning hours. I was worried that that would be the hardest time for me to quit smoking, but so far I've been up since 4:30, it's 7:30 now and I haven't had the desire for a cigarette. We're going out of town today, and tonight we're going to a party. It may be tempting, but I'm gonna have to practice a lot of will power and put my mind on something else like how good I feel this morning.

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Well, It's 11:00 and I had half a cigarette. My company just left and I felt very anxious after they left, and I don't know why, but I did. And the temptation and the craving was just too strong I just had to have one. Um, but still I've only had a half a day, and hopefully no more the rest of the day, and I do feel a little bit calmer, but I just finished drinking a lot of water, and I'm getting a diet coke before I leave to go out of town. It seems like drinking fluids helps me with the fixation of having something to do with my hands and mouth. Anyway, the rest of the day hopefully no more cigarettes.

Zi6_0036

Today is January fourth. It's the fourth day of my attempt to quit smoking. The days are going by fast and I think I've done pretty good, but it was after the party when I came back that I had a cigarette. It was like a habit returning to smoke a cigarette once you get back home. Plus I ate quite a bit at the party, which was unusual, but um, I was disappointed in myself last night, but it's just a minor set back. I know that I can quit totally. Also this morning I got up and had a cigarette, but the habit again seems like it's returning. I have to get a handle on that, but I don't feel like one now. I've been drinking water, and drinking coffee, and I feel good. I'm gonna feel good tomorrow when I go to work. And I know the only way to feel good like I did yesterday was to not have a cigarette today, and to watch what I eat, and have plenty of fluids. So we'll see tonight how my day goes today.

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It's the end of January the fourth, my fourth day of attempting to quit smoking, and so far it's been my worst day. I lit a cigarette up three times today. Even though I only smoked half I still did the act of putting it in my mouth and lighting it up. I feel like, um, I've just had a set back today. I don't know if it's because I was out of town, out of my routine, away from home. Also, I've been eating more today. I've forgotten about chewing gum, and the hard candy. I have been drinking fluid, but that's not helping as much. I could go for a walk, but I don't want to go for a walk. I really don't want to read. I've taken a long nap. I just feel like today has been a setback. Um, maybe the newness of quit smoking has worn off. I don't know, I've got to think of something, got to think of something new to do, maybe call a friend or go over to a friend's house and talk to her/him. Maybe that would help. But tomorrow I return to work and we'll see how that goes. Hopefully it won't be a stressful day for me. But I'm not gonna try—

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Well it's still January the fourth, um, it's in the afternoon, about 4:00, and today hasn't been a good day for me. I'm feeling like I'm getting back in the habit of—

Zi6_0040

Well today is January the fifth, it is, this is my fifth day of trying to quit smoking. And it has been a wonderful day. So far today I have not lit a cigarette; I have not even had a puff or two and then put it out, or a half a cigarette and then put it out. I haven't done any of that today. I have gone completely without a cigarette today, so far. Um, I feel good. When I have had the urges I would drink coffee or drink water. I really, the urges have not been bad. I worked today, and I was busy

at work and really didn't think about it, I didn't lose my concentration. I wasn't weak or tired. Now, yesterday was a terrible day, um, I had started smoking like a half of a cigarette three or four times yesterday. And I realized what this is becoming a habit that it's okay to smoke half of a cigarette. Well I don't want to do that, I don't want for that to be a habit, for me to still smoke and say it's okay because its just a half a cigarette. So I've stopped that. Today I was determined not to have on in the morning, and the morning went fine. I did, I had time to get ready, and I wasn't rushed, and I did get to work early, and I listened to the radio. I felt at peace without having a cigarette or without rushing to see how many cigarettes can I have before it's time to go to work, or how many cigarettes can I have on break, or how many cigarettes can I have at lunch time. I wasn't hurried; I was at peace today. It was really a nice feeling not smoking. And like I said yesterday with the "a bad day" I went to the kitchen more, I was, it seemed to be eating more, anxious, maybe it was because I had just come back from out of town. I don't know if that had anything to do with it. But last night I did cut celery stocks, and had celery last night, and tonight if I get hungry or want something to eat I will have celery to eat. But um, I weighed 124 this morning and I'm gonna be curious as to how much I weigh tomorrow. I don't think I've gained weight, and I have everyone telling me, "You'll gain weight. You'll gain weight." But I don't think I will. I think I'm gonna be very aware of what I eat, and also if I'm self disciplined in smoking, I will be self disciplined in eating too. And I'm gonna be very aware of that. So today I weighed 124, and maybe I'll weigh 123 tomorrow. So anyway, it's going really good. Also a plus is that I'm not going to the garage and smoking by myself. I'm inside watching tv with my husband, communicating with him, getting to know him, and getting closer to him. Um, I'm reading, I'm learning something new. I've just, I'm just not in the garage thinking and smoking and not accomplishing anything at all. Life is just too short to seclude yourself and smoke. I don't want to do that the rest of my life. There's more time on my hand that I can do things that I really want to do that will be new to me. And this smoking, quitting smoking is still new to me. And I think that's why I get excited about it and I feel good. One of my concerns though is wearing the patch, I, the nicotine is still going in my system and I don't want to stop wearing the patches and feel bad. I called FloridaQuitline.com the other day last week, and I have a counselor's appointment Thursday, and this one question I want to ask the counselor to see what happens when you quit taking, quit wearing the patch. Um, I'm sure he will have an answer for me then. But otherwise I feel good, I feel positive, I don't want to ever smoke again. I just feel real good about myself.

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Today is January the sixth, it's a Tuesday and everything is going okay, not as good as yesterday. This morning I guess it was around 9:30-10:00 I just had an urge, a real bad urge to have a cigarette. I've never felt an urge that strong yet. But I went through it, I passed through it; it didn't last long. I chewed some gum, I had some water, I had a cup of coffee. And then, throughout the day, it wasn't as

good, my day today wasn't as good as yesterday. Um that kind of threw me back for some reason. I wasn't quite as busy today as I was yesterday too. And then about an hour ago I felt anxious, like I really wanted to do something active, go walking, or just do something. Now I've lost that desire, once I got home I lost that desire totally. And I'd love to go out in the garage and have a couple puffs of a cigarette just to sit back and relax. But I'm not going to, I'm gonna change my clothes and watch TV or read a book, or um, maybe put a puzzle together, do something different. But I do want to go in the garage and have a couple of puffs of a cigarette. That's what I really want to do. And if it continues as strong as what it is now just to have two puffs I may do it. I'll try not to, but I don't know. It's going to be really really hard. I don't know what to do to fight the urge. My counselor's appointment is Thursday. I talked to my counselor and he will send me information to read that will help me as I try and quit smoking, but um, it's pretty difficult this afternoon, this evening, it is. But otherwise everything is going okay. I woke up feeling good this morning. I was a little nervous this afternoon. I don't know if the nicotine patch is too strong for me and I need to go to a weaker one, I'm not sure. That's something else to ask the counselor about when he calls Thursday. I'm glad I contacted FloridaQuitLine.com; they've helped me. Also, my weight, this morning I got on the scale and I've lost one pound, but today I've had candy, and a little bit more to eat than usual. So what I'm going to do is cut back on dinner tonight and try not to eat so much dinner. And I do have myself restrict that I can eat. Um, hopefully I can pass the urge to smoke that I have right now, hope I can pass it by. If not, I may be weak and just have a couple of puffs and say "No more, no more after that."

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Well today is January the seventh, and it's been a week since I started quitting smoking, and people say your first week or two is the hardest week. So I'll see tomorrow how it goes. Today was kind of rough this morning. I felt emotionally sensitive, and I had to just get out of the office and take a short brisk walk, and when I came back I felt much better. And it seems like I was, um, eating hard candy and chewing more gum today than usual and drinking more water. I don't know, it was rough, but one good thing that I was worried about having cigarettes in the morning, but that didn't bother me whatsoever. Um, I can get up, get ready, and go to work and not have a cigarette, not think of a cigarette. Um, I did have that strong urge for a cigarette like I had yesterday, but um, I'm don't know if I'm getting used to the nicotine of this patch, the level, and that's why I don't feel as great as I did a couple of days ago, because I'm getting used to the nicotine. But um, last night I did have a half of a cigarette. It relaxed me, I'm glad I had it. I don't feel like a failure. It was just something I felt like I had to have. I was thinking today to get rid of all my cigarettes totally so I wouldn't be tempted, but I don't want to do that. I'm quitting, I know I'm quitting, and if I have a puff or two of a cigarette in a day, I'm doing good. I'm not smoking a pack and half like I used to smoke. So tonight, I don't have the urge to have a cigarette. I don't really have

anything planned so I'm not busy. My husband and I will probably go for a walk and that always helps. Another thing that helped today taking deep breaths and blowing out slowly seemed to help me when I had the urge for a cigarette. Just a deep breath and to breath out slowly. I'm looking forward to talking to my counselor tomorrow. I want him to assure me that the nicotine patch when I stop wearing it I will not have effects, that it will not bother me. And I believe there are three steps to the nicotine patch, I'm not sure. But, hopefully he can give me, I have the FloridaQuitline.com telephone number, and I believe there is a number that you press for recording that I guess to help. But I need to become more familiar with that telephone number, so that I can call them like yesterday afternoon. Call them and talk to them before making the decision on my own, yeah, it's ok to have half a cigarette. I should have called a friend, a relative or talked to someone, but I just felt like, "No, I've got to have it, and I'm going to have it." But there's other things I could have done besides smoking half of it. But I'm proud of myself; I'm doing real good. I haven't had a cigarette at all today, not even a puff, not even half a puff. Um, so every day is getting better. It's just living without cigarettes. Um, I do have more time on my hands, but people today at work were telling me that I look better, that my complexion looks better, my coloring looks better, and I actually, I'm feeling better. I'm not stressed about how many cigarettes can I have in an hour for lunch or for break, or for. So my whole life revolved around smoking. I have a sense of freedom that I don't have to do that anymore. And, I want it to be a lifetime sense of freedom to go without cigarettes. So today was pretty good overall, and we'll see what tonight and tomorrow bring.

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Well today is January tenth, it's a Saturday. I haven't taped myself for the past two days; I skipped Thursday and Friday, but they were both good days. At night, both days I did have a couple of puffs, about a half a cigarette. I thought that the morning time would be my hard time to quit smoking, but it seems like in the evenings when I come home from work and I see what I have to do at home, and I kind of get anxious, I'm running errands, and I'm busy, and I just want a cigarette to sit back, relax, and I feel anxious and I just needed to calm down. But I've learned that taking deep breaths or maybe drinking water or maybe just making a list of what I need to do helps. And then after making a list I see where it's not really important that I do everything in one night. Otherwise I've been feeling good. I talked to a counselor last night and he reaffirmed what I kind of knew anyway about weight gain. I lost three pounds. He told me that was very unusual. I told him I was eating small amounts every two or three hours and um I'm drinking a lot of water. Not the small bottle waters but the liter bottles. I have four sometimes five of them a day. Plus I'm drinking coffee. But I feel good, I really don't want a desire for a cigarette. I know that by the end of this month I won't even have that half cigarette. It doesn't make me feel good. And like I said I don't know why I like it. I could probably just relax or that anxious feeling, but

there's other things I could do besides that. And people are telling me I feel better. I, people are telling me I look better; I feel better. But people, other people are telling me I look better, a person told me I sound better over the phone. During my lunch hours at work I get out, I go to the mall, I walk around, I keep busy. But there have been a couple of times I've just sat in the car and drank my water and read, and just relaxed, and that's where I used to smoke my cigarettes. But I find that even my familiar places where I used to smoke, it doesn't bother me to sit there, like the fireplace this morning, and I used to smoke in front of the fireplace. But this morning it didn't bother me. I didn't want a cigarette; it was just relaxing to sit there. And in the garage I can sit there and not really want a cigarette. And in my car, I can sit in my car during lunch and not really want a cigarette. I'm pretty much I think, I'm over smoking cigarettes. Also, I have told everyone, everyone I know that I'm quitting. And I think that helps too because it reaffirms it to me that telling other people of my obligation to myself to quit smoking really helps to want to quit, and I do want to quit. And I'm pretty sure I'm going to be successful at doing it.

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Well today is January the 11th; it's Sunday. The weekends and at night are the toughest time for me to not want a cigarette. Um, today has been a down day. I don't feel it's great, it's what I did. I've had a couple of days. I have had a cigarette and a half so far, and um, I'm kind of feeling down about it. Like, um, what if I start again. I'm starting to have those feelings. What if I start smoking more? I don't know how to quite deal with the feelings. I did read the material that the American Cancer Society sent to me and I haven't been following all of their suggestions. I don't know, it's just, um, it's been very very hard today, I tend to be eating more today, I did a lot yesterday. I was very busy yesterday. Yesterday was a pretty good day. And uh, today I didn't have quite as much to do. The weather is kind of blue and gloomy. So I have to really talk to myself and try not to fall back into the habit. I'll be truthful and say I'm not sure what to do. I wish I was so determined as I have been the past week and a half to say I'm not gonna quit, I am gonna quit. But, maybe this is just a small setback I don't know. Tomorrow I'll be at work, and it'll be a lot easier when I go to work. And tomorrow I don't want to have any at all. I'm thinking about throwing away all the cigarettes I have around the house so I won't have one. Um, but I really don't want to do that. I want to be able to fall back if I want just to have a half a cigarette. I want that option that I will be able to. Maybe it's wrong, maybe I should just say "no way no more." I'm not sure what to do. I'm really not sure what to do and how to handle it. Because I feel like I'm slipping back. My will power is way down. I'm just hoping that tomorrow when I'm at work that everything will be better. So we'll see tomorrow.

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Today is January the 12th; it's a Monday. I went back to work today, and that helped a lot. I was busy, I was active, I was talking to people, people were asking me "How's it going? Not smoking?" People seem to care about me, so today has been a good day. I haven't had a cigarette. It's about 5:00. I feel good. My husband's out of town so I'm not sure how this evening is gonna go, but I plan on taking a hot shower, putting on something comfortable and reading a book. I have the evening to myself and uh, I have plans not to smoke. I found out today that a coworker has lung cancer. She's about my age, and she smokes, and that took me back, um, I really don't want to go there. I guess I think it won't happen to me, but that's wrong. I'm very wrong at thinking that. I do know another girl that was younger than me that had lung cancer. She also smoked, not nearly as much as I used to smoke. So this non smoking is just good all the way around. I think It's gonna work out. It's been a week and a half. I started January first, and today is January 12th, and I have been smoking like half a cigarette. I've got to stop that. When I run out of cigarettes I'm not buying any more. That will be it. But I've been doing really good. I've gained weight. I weigh 126; and last Friday I weighted 121, but that's probably from eating Little Debbie Swiss rolls, chocolate Swiss rolls. Two in a pack, I had three of those. Um, three or four biscuits for breakfast yesterday, hash browns, chocolate candy, everything that's wrong. So I have to really watch that and be aware of what I'm eating and eat right. Yesterday was a down day for me, so I did eat bad. It was like I didn't care. But um today it's totally different. I feel good. Work was nice. Um, I hated to hear about the girl at work that has lung cancer, um. That kind of set me back some. Because I can just see her in my mind, smoking. Um, so, I don't know, I'm positive. I have two more weeks, a little over two more weeks and it will be a whole month. Hopefully my cigarettes will run out so I wont just smoke half anymore, I won't smoke at all. That's my plan anyway. Um, not unless I can just go through tonight without having one. But it's been a good day today.

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Well it's January the 13th; it's Tuesday, and I just had a cigarette and I feel out of breath. I can smell the smoke on me. I went all day without one and when I came home no one was home; my husband is out of town. Um, I thought this is the chance; I'm by myself have a cigarette. It wasn't worth it; it really wasn't. I did relax with it, and I did seem, I didn't even realize I was smoking. It was just like it was natural. This morning when I woke up I had the urge to smoke; I didn't wear the patch last night, and um on the way to work I almost stopped at a convenience store to buy a pack of cigarettes, but I didn't. I took deep breaths and 15-20 minutes it passed away. I didn't even realize I had the urge. So it did take time to, um, pass; but it really is mind over matter. It really is. Your mind's a funny thing. You can put your mind to something and not do it or do it. And when I came home this afternoon, I wasn't determined not to do it. I think I had my mind made up that that's what I'm gonna do when I get home. Matter of fact I thought about having a second one, but instead I came inside and I video taped

myself. I plan on taking a shower, and hopefully I won't have any more tonight. But otherwise it was good today. I weighed 124 today compared to 126 yesterday. I was real careful yesterday, um, what I ate. I didn't have a very large dinner, so that probably contributed to why I was two pounds less today. Plus, it could be water weight. But I haven't gained a lot of weight and I, this has been my second week almost two weeks into trying to quit smoking. Tomorrow I hope I weigh 124 and just stay the same. When I started out I wanted to lose weight while I quit smoking. That's still possible; I really believe that it's possible. Again it's mind over matter. You have to have self-discipline and you have to have self-control, a lot of self-control. So you have to be determined with your goals, and um, to reach your goals you have to practice self control. So, tonight I'm gonna wear the patch and I'm sure I won't have the craving like I did this morning. But it wasn't so bad. 15, 20 minutes later I didn't even think of having one.

Zi6_0054.MOV

Today is January the 15th, it's a Thursday. Um, It's been two weeks since I, since January 1st, my first day of trying to quit smoking. And the past week I developed a habit of smoking when I got home from work. You know, one half of a cigarette what is it gonna hurt, ya know? I need the cigarette to relax; the day was stressful. I want to plan my night out. What am I gonna do? So I started looking forward to when I get home I'll have a cigarette. And it's become a habit. Today especially I had too much coffee, too much sugar. I was real up and active, and I had a lot of work to do, and I was real jumpy. And it felt good to come home and have a cigarette. My husband has been out of town this past week. I'm by myself. What a perfect time to sit down and smoke. But, um, I had to really talk to myself and like I said last time, it's mind over matter. I've got to tell myself that one cigarette, I can pass it, and do something else. I can go inside. Don't stay outside, the weather is getting colder. It's a perfect time for me to stay inside and not go to the garage. Um, it's just tomorrow we'll see. We'll see how it goes. I finished up one pack of cigarettes, the last one. And I still have the miniature cigars with the filter. They're really strong; I don't like them at all, but um. I'll just have to see how it goes tomorrow. Hopefully, I can say tomorrow will be the first day that I haven't had one at all except for a couple of days um, about a week ago I didn't have any. So just have to wait and see tomorrow to see how I feel, and I'm not gonna drink as much coffee or eat chocolate candy. My weight stayed, has stayed the same between one or two pounds difference up and down, nothing to speak of. I feel like I've gained weight, but the scales they're telling me I'm not gaining weight. I need to get back on track like I was the first week, being sincere about it, um, letting it be new to me, um. Something I really want to do. And I just have to see how tomorrow goes. Tonight, I'm not going to have anymore, I don't want anymore. Um, I'm washing the clothes, I'm going to read a little, and probably go to bed early around 8:30 or 9:00. And I don't want anymore tonight.

Zi6_0055.MOV

Well today is January the 17th, it's Saturday. I have Saturday, Sunday, and Monday off. I think it's a wonderful time to get rid of that half a cigarette that I had to have in the evenings or in the afternoons when I come home from work. I didn't wear the patch last night, and this morning, umm, for the first time in two weeks, since I had started quit smoking, I had a cigarette this morning. Not only one, I had a couple of puffs. I put one out, went back out had a couple of puffs put it out. I did that three times. I don't know why I was anxious. I'm worried about the economy. I'm worried about layoffs where I work. Just a lot of stress, and I didn't know how to handle it. I thought I needed a cigarette, but when I actually lit it up I didn't want it. Um, you know it doesn't help; it's not gonna solve any problems. So today I'm going to pretty much stay inside and, I plan on reading a lot today. Knowledge can take care of a lot of fears that we have, or a lot of stresses that we may have. So, um, I have three days to say "no cigarettes at all. Not even a half of one. None at all."

Zi6_0056.MOV

Well it's Monday. It's January the 19th. I've had three days off, Saturday, Sunday, and Monday. And my husband is still out of town. I've had a lot of time on my hands, and I haven't quit smoking. Um, Saturday, Sunday, and today at all three of these days, it's probably about 2:00 now. But I've gone outside, lit a cigarette, had a couple of puffs and put it out. I've done that four, five, maybe six times Saturday and Sunday, and so far today I've done it about four times. You may say, "Well, just throw away the pack of cigarettes." Well I had three cigarettes left, and that's my plan. These are cigarettes that had a couple of weeks ago left over from a carton. And, I haven't bought any cigarettes; I just had these available. And I didn't throw them away because it was like a safeguard to me that I know they're there if I want one I can have one. Well after three cigarettes, that will be after today, tomorrow I won't have any cigarettes at all available to me to smoke. But it is true when you have them around; you're going to smoke them. I haven't smoked a complete cigarette; like I said just one or two puffs and then I throw it away, but still it's smoking. And I can truly say I haven't quit smoking because of that. You may say, "Well, you've cut down." I've cut down a lot, but I'm still smoking. And I have promised myself that by February first I will say, "I no longer smoke. I don't smoke." And that's less than two weeks away. So I start tomorrow, we'll have see how it goes. I'm going to have to fight the urge to smoke. I'm going to have to keep busy. When I came home earlier today I wanted just to come home and have a cigarette, just a couple of puffs. But instead I got busy making some sandwiches, watching some TV, reading a book, and it's more than just keeping busy. It's just getting your mind completely off of it. And it's more than just having a hard piece of candy, or chewing gum, or mind over matter. It's a lot more than that. You really have to want to quit smoking. You have to really be determined and say, "This is it, no more, no more at all." And that moment passes, when you really want a cigarette, that moment will

pass, and it will be a new day. And that new day, you have to go over and over it again. That this moment of me wanting a cigarette will pass. I will feel better, smell better, my health will be better. You can do new things; do something new with your time. That's it, I have so much time on my hands, and I'm alone, and no one is here, and I guess I've gotten lazy. I haven't really done that much, haven't felt energized like I want to do much of anything. I am gonna go out this afternoon; I've got some errands to run. But I have the three cigarettes left in my pack, and after that there's no more; there's just no more. Now my husband comes home probably in about four or five days, and he does smoke, but hopefully he'll be courteous and, or maybe, hopefully I can be strong enough to be around it and not smoke. I know people are saying, "Well no, you shouldn't be around it at all." But if I'm determined not to smoke it won't bother me. If I am very determined to say, "No more, I am not a smoker." It won't bother me. Considering I that was a chain smoker, I've done great. I've done really good, but I can tell that I'm getting into the habit of saying, "if they're available, go out have a couple puffs, put them out." I really don't want it when I smoke it though. That's the difference between now and how it was before. I really don't want it. As far of my weight, um, I've gained maybe a pound. Not much, the past two days I have been eating more, but I think it's been more nutritional food. I know I have to take care of myself. I know that if my blood sugar get's out of wack, it's gonna make me feel bad, and I can't put my energy towards quitting smoking. Um, I know Friday when I was at work I had so much chocolate and so much caffeine that I was a nervous wreck. I was jittery, I was shaky. I wasn't taking care of myself at all. When I return to work tomorrow I'm not going to have any chocolate. There's chocolate all over the office, but I've got to say no you know, I've got to tell myself what I would tell my own kids, give myself some good advice. Take care of myself. So, after these three cigarettes hopefully I can say, "That's it. I'm not buying a pack." I'm saying now I'm not buying a pack. I hope I don't get desperate enough that have to buy a pack. It's just really hard. Starting this out when it was new it was easy, I felt good and I can do it, I can do it. But as time went on, there were situations where I felt like yeah, I need a cigarette. For instance just being at home not wanting to do much, um, I did do some stuff around the house, but overall I haven't done much. I am just kind of feeling sorry for myself. I got to just be determined and say, "No, I know this will pass." Tomorrow will be the big test, no cigarettes at all.

Zi6_0061.MOV

Today is Friday, January the 23rd and the last time I lit a cigarette up was Monday at 2:40 pm. I had four cigarettes left from a pack Monday, and what I did was I'd light up a cigarette take one or two puffs and then I'd put it out. I did that four times with four different cigarettes Monday. I didn't want it. I just lit it up and put it out. And after I finished that pack I said, "No more." And I haven't had one since then, and today's Friday. So that's Tuesday, Wednesday, Thursday, four days without a cigarette. I don't miss them, I'm doing fine. The only thing is I tend to be

eating out of nerves. I have celery sticks that I should've taken to work instead of eating chocolate candy. I haven't really gained weight, maybe a pound, pound and a half, maybe two pounds, but not a lot. It's been three weeks since I started stop smoking, so that's not so bad. But um, I got to be more aware of what I'm eating, but other than that I feel good, I tend to look better. I'm just doing real good without a cigarette and I hope it continues. My husband came home from out of town this afternoon and he bought a pack of cigarettes, and I hope being around him doesn't influence me to smoke again. I know they say not to be around other smokers, but since he has been out of town I'd like to spend some time with him and um, if the temptation is too great I'll come inside or do something else. But so far it's been really good. Like I said, just the nervousness of eating is bothering me a lot. And what I ate today was wrong, chocolate candy. And that bothers me, and I have to be careful because of my blood sugar problem too, what I'm eating. So I really need to take care of myself and eat right. And I don't want a cigarette now, I just, I feel like I'm over it. I'm not a slave to smoking anymore. I have this feeling of being free and not having to plan when I'm gonna get my next cigarette, or how many cigarettes can I smoke during my lunch hour. So it's going good, it's going too, and I'll check back in in a couple of days to see if I've still stopped smoking. But I've told everyone how good I feel and how great it's going not smoking so we'll just have to see tomorrow and the next day.

Zi6_0062.MOV

Today is Saturday January the 24th and last night after I did recording and my husband was outside smoking, I went out there and thought I could be around it and not be tempted, but I ended up having a cigarette. Um, It was a stressful day and I don't know why I had it but I did have one. And this morning I woke up and I was just really down, and kind of felt sorry for myself. And all I could think about was, "Today you know, today, I'd just like to sit down and enjoy smoking, chain smoking, one after the other all day today. I just feel down. Well I just got back from running errands and I'd love to have one now. My mother said when she quit smoking she went through a spell where she felt sorry for herself, and she thought like people were against her and that um. And that's how I'm feeling how. And she told me that it will pass, and that's what I'm waiting for; I'm waiting for it to pass. I'm going to watch a couple comedies and hopefully that'll pull me out of it. But today is a day that I would probably just enjoy smoking all day long, but I'm going to try not to because the past four or five days I've been doing really good; Not wanting one, feeling good about myself, feeling good in general. So today is maybe a little bit tough, but um, I really don't feel like keeping busy, and chewing gum and hard candy is not going to help. I just have to really show a lot of will power; put my mind into thinking about something else instead of smoking today.

Z-6_0063.MOV

Today is Sunday; it's January the 25th, um, the cigarettes were outside again in the garage, and this morning I went out and had a cigarette. But then I threw them away; I threw them to the very bottom of the garbage can so I won't be tempted to get them. But I did throw them away, and I feel like I can continue not smoking. They won't be around me. I don't need them anymore. So I'm not gonna buy them. Of course I say that, but you never know how desperate I'll be. But I have one more week of video taping myself; one more week till February the first, which will be my goal not to smoke at all. You know if I can just make it seven days without smoking I will be very proud of myself. And I'm going to try my hardest not to smoke for the next seven days. If my husband is outside smoking I'm going to have to come inside, I think the temptation is too great. And um, just see, every day I'll tape my self and see the progress I'm making. I'm staying at 125, so I haven't really gained that much weight, and I'm not really watching what I eat, which I should. But um, maybe I can do that today.

Zi6_0064.MOV

Well it's Sunday, September 25th, it's in the afternoon now it's 3:00. Um, I've had a pretty good day. There's been something that's been bothering me that happened at work last Friday. And it seems like it's going over and over in my mind. I can't get it out of my mind; I can't resolve the problem. And I know that sounds like an excuse to smoke. But I did pull the cigarettes out of the trashcan, and only three were left in the pack, and I did smoke two. But really justified saying, "I really needed those two. I really needed to smoke." But there's one left, and after that one, I'll go again without smoking. I just can't have cigarettes around the house. But I don't know why, but I'm planning on having that one that's left. Um, The weekends are hard; I'm not as busy' I have more time on my hands. But I really think it's because of something that happened at work on Friday that I have been stressed out about that caused me to smoke this afternoon. But it's 3:00 and I know there's one cigarette out there, and I know I'll smoke it. But then again, I know tomorrow I won't have any cigarettes; I won't have a pack. At least I didn't buy a pack. I was thinking about buying a pack, but I did not buy a pack, which is really good. So, I don't know, um, I don't feel like a failure. I still think I'm doing pretty good. Since I was a chain smoker smoking almost two packs a day, and now, today has been the worst day, more cigarettes than I've had since I started. But, I have one more week left, and the past couple of days have been difficult. But I don't really blame it on a craving for smoke. I think it's more on the lines of an emotion to smoke. Um, And I got to take care of that, I've got tot something about that. But um, I'll have to see how Monday goes. Monday is the 26th. I'll have to see how January 26th until February the 1st goes. But I'm not buying any cigarettes, which is a good thing. So, I'll record tomorrow and see how tomorrow goes.

Zi6_0065.MOV

Today is January the 27th; it's Tuesday afternoon. I just got home from work. And today was a good day, a real good day. Um, there were cigarettes out in the garage, and I just had one. There's two more left, but I don't want another one. I didn't really want that one; I didn't have, I had the chance to come inside, sit down and relax instead of smoking a cigarette, but I didn't. It's not that the temptation was too great; it's not that I really even wanted or needed it. I guess it was the habit of coming home and having a cigarette and relaxing. But I could've just walked inside, sit on the couch, watched the news, and I probably would've been just content, as contented. Yesterday was a bad day, it was a major stress day. It was the worst day since I tried to quit smoking. I had two in the morning and I had three last night. Um, I did it without thinking, pretty much without caring, um. But I do care; I do want to quit smoking. I think I've done really well, considering I was a chain smoker and I'm down to zero or maybe one a day. The month is almost over, February the 1st was my goal date to quit smoking totally, and I don't have very many more days to meet that goal. But maybe the rest of this month will go better. I really didn't want that one; I don't know why I smoked

it. It was just there. It didn't make me feel good; I can smell smoke on me. Matter of fact it made me feel worse having it. It's just a nasty habit; I see it as being very nasty, and I didn't see that before. But it's really a dirty habit. I don't want to smoke anymore. I really don't. I have two more weeks of wearing the patch for step 1. I went ahead and extended my step 1 two weeks before going to step 2. So like I said, I didn't want that one; I won't have another one tonight. Um, there's other things I can do like just sit back and relax, which has always been hard for me to just sit down. But I need to learn to do that, train myself to do that. So I have the 28th, 29th, 30th. I have four more days until February the 1st. And these next four days I don't want to have a cigarette, though they may be there in the garage, and I know they're there. Um, I'm gonna have to just have strong will power and tell myself I really don't want them. It's just not worth it. I really didn't want it. So, we'll see how tomorrow goes.

Zi6_0066.MOV

Today is January the 28th; it's Wednesday. I had the 29th, 30th, and 31st, three more days to continue to record. Uh, good mews, I haven't had chocolate candy at work out of this big bowl that my coworker has since Friday; I haven't had any chocolate candy at all. My weight has stayed between 123 and 125. During the month it did get down to I think 121, 122 at one time, but I'm staying about the same so I'm happy with that. I eat when I'm hungry. I try not to eat when out of nervous. When I do feel nervous I eat celery sticks. But um, that's going fine. I haven't really chewed gum or hard candy a whole lot. I have on some occasions, but not really a lot. This morning I woke up at 4:00 in the morning. I couldn't get back to sleep. I knew there were cigarettes in the garage. I didn't really want one, but I knew they were there, and I went down and I had a cigarette. And that's it. My husband has hidden the cigarettes; I don't know where they are, so this is a big plus. When cigarettes aren't around me I don't smoke. I don't buy them. Um, I don't need them; I don't even think about them. But knowing that a pack is sitting in the garage is just too much of a temptation for me to go and light a cigarette. "Oh, one's not bad, or a puff or two and then put it out, that's not bad" but now that their hidden I'm sure the next three days I won't have a cigarette at all. Like I said I'm not gonna buy them. Just out of sight, out of mind. I have three more days, but overall I think the smoking, stop smoking is probably one of the best things I've done for myself in a long time. People at work are telling me, "Well you don't look tired. You don't look drawn. You look like you have more energy" and I do. I feel better, just totally feel better. When I had the cigarette this morning and went back inside I could smell the smoke on me and it was really strong, and I couldn't smell the smoke on me when I was a chain smoker. Hopefully, that will be my last one this morning, and I don't want to be around cigarettes, it's too much of a temptation now. Maybe as the years go by it won't bother me as much, but right now it's just too much of a temptation to have cigarettes around.

Zi6_0067.MOV

Today is January the 29th; it's Thursday. I have two more days, Friday and Saturday, to record myself. Today is wonderful, my husband hid the cigarettes yesterday and today I haven't had one. I'm fine without one. I'm still wearing the patch, but I think I'm doing pretty good. I've been keeping busy, work has been busy, and that's a plus. And today I did have more hard candy and chewing gum than usual. Eating, I'm eating normally, not really over doing it. Last night I did, but um today has been normal. I haven't really gained that much weight. My average weight before I stopped smoking would be 121 to 123, and I'm going from 123 to 125 now. But um, I blame that couple of pounds of weight gain is the foods I was eating, like the chocolate candy at work. But I haven't had chocolate candy since last Friday. And I had donut holes last night; I had quite a bit. But um, the weight gain, I haven't had a problem with weight gain. It seems like I'm going to bed earlier; I'm not as active. When I would chain smoke at night it seemed like I was busy smoking and almost more active, and um since I've tried to quit I do go to bed earlier. So it seems like I have less active activities, or less active I should say. But um, It's going great I haven't had one today and since the cigarettes are hidden I know I won't smoke one. As long as I know that they're not available I don't want one. But if I know that they're sitting out I'll probably be tempted to have one, but since they're not sitting out I haven't had one today. I'm doing fine; I'm doing real good.

Zi6_0068.MOV

Well today is January 30th; it's a Friday, and only two more days left out of this month, today and tomorrow, and tomorrow will be the last day taping myself as I try to quit smoking. Today has been a great day. I haven't had a cigarette until I came home and my husband was smoking in the garage, but I just had a puff. That's all I wanted; I really didn't want a cigarette. Um, I don't know, it's like something magical has happened that I just don't want to smoke anymore. I feel happier, I feel better. I just don't want to be a slave; I want to be free from having to smoke at certain hours, so many cigarettes, or just sit there and just smoke smoke smoke without doing anything else. I was definitely a chain smoker. And it's nice to wake up in the morning and I don't have to go downstairs and have two cigarettes before getting ready to go to work or doing whatever I want to do. I get up now and I can go get ready. So that feels really good. That's a nice feeling that I don't have to have those cigarettes in the morning. I'm still wearing the step 2 patch, and I have like a week and half left to do that. And then I'll put on the step 2 patch and I'll have that for 2 weeks and the step 3 for two weeks. So um, the patches are nice, they're my safeguard, they're my backup and I feel comfortable wearing them, and I haven't had any problems with them. But um, today's been good. I don't plan on smoking tonight, and tomorrow I don't plan on smoking. So, I may eat little bit more, but I haven't really gained weight. Just be careful what I do eat. And I've been drinking a lot of fluids, water, diet coke, and coffee, a lot of fluids. But everything's going good, real good.

Zi6_0069.MOV

Today is January 31st; it's Saturday, it's a beautiful day outside and it's my last day of videotaping myself. And I think I have done a wonderful job about trying to quit smoking. Um, the patch is helping. I'm still on step 1 with the patch. The patch is really helping a lot. Since I started January 1st I've had maybe I don't know, four or five cigarettes. And there for a while I was taking a puff or two and then putting them out. Um, I've done real good from a pack, a pack and a half to two packs a day to maybe one or two cigarettes a week, if that much, maybe just a puff and a puff and then put it down. I really don't want a cigarette; I'm doing fine without them. The weekends are hard because I don't have that much to do. So far this weekend has been pretty nice. This morning I had a cup of coffee, just sat down in the family room and it was nice, the peace and quite. And, just sitting there drinking a cup of coffee instead of having to go in the garage and have a couple of cigarettes and it's cold. It's the best thing I've ever felt, or done for myself is to quit smoking. There's so much I can do, and it's kind of fun and um, something different for me to try and find something else, how to spend my time, besides smoking. At times I do eat more, but it kind of balances itself out. I'm no longer eating the chocolate candy that pretty much destroyed me at work, and I'm still drinking a lot of fluid, a lot of water, maybe one diet coke a day, and coffee, but a lot of water. Occasionally I'll have hard candy or gum, but not that often. They say to treat yourself; I haven't really done that too much. I think my treat is just not to smoke again. I just feel so good without it. I feel fresh; I feel clean. So, I'm really enjoying being with other people instead of secluding myself outside smoking one after the other for a couple of hours at a time. I enjoy being with people, talking to people. I really had it pretty bad. Now I think I have it much much better. I'm writing a journal and today's the last day I'll write in my journal. I haven't gained weight, maybe two pounds, nothing to speak of. I really, a couple of times during the month, I felt nervous that I had to eat. But I haven't replaced not smoking with eating. I haven't done that. Of course when they decrease my nicotine amount to step 2, I don't know how I'm going to feel then. Or step 3 when it's only 7mg of nicotine. I'm not sure how I'm going to feel then, or react then to eating and so forth. But um, I've talked to my counselor with American Cancer Society, and I just got finished off the phone with him, and he's given me some good pointers about um, I have to be prepared for when I'm thinking I do need a cigarette. Be prepared to, what are you going to say against that to counteract that thought. He also explained that it is necessary to go from step 1 to step 2 to step 3 with the nicotine patch. He said the cravings may be a little bit more when I stop wearing the patch but it's not unmanageable. And I will definitely be out of the physical habit of smoking. But um, I've done great. I don't feel like a failure, I've done really good. I've had people who support me, people that I barely know that I've told that I've tried to quit smoking. I have told pretty much everyone I see and know that I am trying to quit. And there's a lot of ex smokers out there, and they have been helpful and given me advice on how they quit how long they quit, so I know it can be done. And I've done real good; I'll

never be a smoker again. I know I wont, ever ever be a smoker again. So today is the last day that I'll be taping myself and overall I've had some stressors, I've had some stressful times. Last weekend was one of them. But overall I think it's good. It's been all-good. So anyway, last video tape.