

# Stop Smoking<sup>TM</sup> with Biofeedback

- Remove the urge to smoke with the GSR 2 monitor and simple behavioral techniques
- Understand the stress in your life that leads to smoking
- Takes only 2 weeks, 15 minutes a day
- Includes a two-hour cassette program and complete manual
- Developed and field-tested by leading psychologists



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# INTRODUCTION

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The **Stop Smoking With Biofeedback** program is a clinically tested and highly effective system to help you to quit smoking forever. It was developed by William J. McCann, M.A., Psychologist-Master at the Behavioral Medicine Service, Department of Psychiatry, University of Vermont with the assistance of several experts in the field of smoking cessation and in collaboration with John A. Corson, Ph.D., Professor of Psychiatry, Dartmouth Medical School and Chief Psychologist at the Veterans Administration hospital, White River Junction, Vermont.

The program is unique and comprehensive. It includes the state-of- the-art cognitive-behavioral techniques from the field of psychology specifically developed to help smokers quit smoking and the powerful technology of biofeedback. It will help you to develop an understanding of the smoking habit, provide effective techniques to make quitting easier and train you in deep relaxation using the largest selling portable biofeedback instrument in the world: the GSR2.

## HOW TO USE THIS PROGRAM

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**Stop Smoking with Biofeedback** is an interactive experience involving the audio program, written material and the GSR2. You will be instructed to stop the program occasionally and write in this booklet. It is *extremely important* that you follow the instructions on the audio program and complete the assignments. This program has been carefully designed to make it easier for you to quit smoking and more importantly, to stay quit. If you don't follow the instructions carefully the impact of the program will be lessened and quitting smoking will be more difficult for you.

The program is divided into three phases: **Preparation**, **Termination**, and **Maintenance**. As you listen to the audio program, turn to the corresponding section in the booklet. You will find information that will be useful during each phase, spaces to complete assignments and to take notes and a pocket size form which you can carry with you during the quitting process.

Before you begin, consider finding a friend or several friends who want to quit smoking too and invite them to go through the **Stop Smoking With Biofeedback** program with you. It makes the process of quitting more interesting, less lonely and provides support and encouragement that can be valuable.

To begin get a pen or pencil, open your booklet to the Preparation section and then listen to CD track labeled Preparation.

## PREPARATION: Week #1

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QUITTING TIME: *"I will quit smoking on \_\_\_\_\_ at \_\_\_\_\_ AM/PM"*

### INSTRUCTIONS FOR RECORD - KEEPING

At the back of the booklet is a one week record-keeping form, entitled *"Why Did I Smoke that Cigarette?"* Following the instructions given on the audio program you will keep a record of the cigarettes you smoke over a 7 day period. Each time you smoke a cigarette, ask yourself the question *"Why did I smoke that cigarette?"* and choose one of the reasons from the list on the back of the form entitled *"Why Did I Smoke That Cigarette? "*: **routine, craving, boredom, reward, stress, social or relaxation.** Use the abbreviations at the bottom of the record- keeping form.

*"WHY DID I SMOKE THAT CIGARETTE?"*

**ROUTINE:** Routine cigarettes are smoked reflexively, automatically, without thinking, for example with coffee, after a meal or on the telephone. These are habit cigarettes and usually most of the cigarettes people smoke are habit cigarettes.

**CRAVING:** Craving cigarettes are smoked after a period of abstinence from smoking - usually after approximately 20 to 30 minutes. They are a reflection of your addiction to nicotine. After church, after a meeting, a movie, when your body is yelling "I need a cigarette", these are craving cigarettes.

**STRESS:** Stress cigarettes are worry, pressure, deadline, problem cigarettes and are usually smoked in bunches. When you are nervous, angry, depressed or irritable and find yourself smoking three cigarettes at once, these are stress cigarettes.

**SOCIAL:** When drinking with friends, talking with familiar associates, or interacting with strangers, you smoke social cigarettes. When you punctuate your conversation with dramatic pauses by smoking, these are social cigarettes.

**BOREDOM:** Standing in a line, driving, watching TV, waiting for anyone or anything can give you many opportunities to smoke cigarettes. What else are you going to do? These are boredom cigarettes and they serve to keep your hands busy.

**RELAXATION:** Many people mention that cigarettes help them relax. This is a false impression because nicotine is a stimulant, but if you are craving for a cigarette they will help calm you down. Also, if you associate smoking with relaxing times over and over, they become associated with relaxation.

**REWARD:** Reward cigarettes are smoked during coffee breaks at work or when you have just completed a tough job. You don't consciously say to yourself " I am going to reward myself with a cigarette" but in effect that is what you do. They can be confused with Relaxation cigarettes but if question yourself carefully you will recognize the difference.

**PREPARATION POSITIVE SUGGESTION:**

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**ASSIGNMENTS:**

1. \_\_\_\_\_
2. \_\_\_\_\_

## PREPARATION: Week #2

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### *"INSTEAD OF SMOKING I WILL..."*

This section provides alternatives to each category of cigarette smoked. It is important for you to add your own choices; the following are only suggestions.

**ROUTINE:** *"Instead of smoking I will ..."* change my routine as much as possible each day, brush my teeth immediately after each meal, gargle morning and evening, go for a walk after meals, not drink coffee, and substitute tea or cocoa, sit in a new chair when watching TV, take a walk instead of a coffee break, eat lunch in a new place, sit in a no - smoking areas, when talking on the phone sit instead of stand, use the opposite hand, do a second activity when watching TV (knitting, exercising, puzzles etc.), take a new route to work, leave the scene of an urge.

**CRAVING:** *"Instead of smoking I will ..."* take several slow, deep breaths, use oral substitutes (sugarless gum, sugarless candy, cup-of- soup, diet soda, cinnamon sticks, toothpicks, breath spray, anything mentholated, lollipops, chewable Vitamin C, carrots, celery and fruit), remind myself that the cravings will pass, go for a walk.

**BOREDOM:** *"Instead of smoking I will ... "* play with a paper clip, key chain, coin, small ball, pen or pencil, read a magazine, newspaper or book, start a new hobby, visit a friend, take a course, knit or sew, work on a crossword

puzzle, fix something around the house, call someone, go for a walk, plan ahead so that I am not stuck with nothing to do, write a letter, sing, play some music, call a friend, go away for the weekend.

**REWARD:** *"Instead of smoking I will..."* use some of the money I am saving to buy something I need or want (books, records, CD, tools, plants, etc.), mentally congratulate myself for the discipline and self-control demonstrated by quitting.

**STRESS:** *"Instead of smoking I will ..."* do deep relaxation with biofeedback, play tennis, play racquetball, jog, go for a bicycle ride, take a walk, stretch, skip rope, do calisthenics, take a very hot bath right after I exercise take a nap, ask others not to stress me, ask for a back rub, organize my day so that I avoid tension as much as possible, go to a movie, go to a private room or my car and yell and scream.

**SOCIAL:** *"Instead of smoking I will ..."* find another prop to use during conversations (pen, rubber band, glasses, etc.), leave the situation for a minute (bail out), use the relaxation strategies I have learned and then remind myself that I can control myself.

**RELAXATION:** *"instead of smoking I will..."* engage in some activity that really enjoy, go for a walk, eat something I really love, read a book, take a hot bath, go to the library, go to a movie, work on an interesting project, get extra sleep, take a nap have a massage do deep relaxation with biofeedback.

## ASSIGNMENTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## **TERMINATION: QUITTING TIME**

REINFORCING INTERNAL DIALOGUE (R.I.D.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

MESSAGE TO USE WHEN FEELING SELF-DOUBT.

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**“HOW MANY CIGARETTES HAVE I SMOKED”**

*Packs-a-day x 20 x 365 x number of years you have smoked = \_\_\_\_\_!*

**SUGGESTIONS TO HELP DURING WITHDRAWAL**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **TERMINATION POSITIVE SUGGESTION**

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## TERMINATION: 4 Days After

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### THE SMOKE A.L.A.R.M.

**A**wareness - Beware of urges so be aware. Catch yourself having an urge as early as possible then:

**L**abel smoking cigarettes as a negative experience. *“Smoking is poison. Smoking cigarettes is a waste of money”*.

**A**ssertively state that you will not smoke. Say to yourself *“I will not smoke, I choose not to smoke”* then:

**R**epeat one of the reasons why it was important for you to quit smoking. *“I quit so my children will not smoke. “I quit to save more than \$3,000 a year, I quit so I don’t have to worry about lung cancer”* then:

**M**ove. Get busy, call a friend, drink water, pick up a magazine, go for a walk, send a card to your mother, chew some celery.

## **REWARD FOR QUITTING SMOKING:**

### **TECHNIQUES THAT HAVE WORKED FOR ME:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## **TECHNIQUES I HAVEN'T TRIED YET**

1. \_\_\_\_\_
2. \_\_\_\_\_

## **ASSIGNMENTS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

***“TEN REASONS WHY I NEVER WANT TO SMOKE AGAIN”***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## TERMINATION: 7 Days After

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*HOW MUCH MONEY WILL I SAVE IF I LIVE TO BE 75?*

Packs-per-day \_\_\_\_\_ x price-per-pack \_\_\_\_\_ x (75 - your age) = \_\_\_\_\_!

## REWARD FOR NOT SMOKING FOR 7 DAYS

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## NOTES

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## **MAINTENANCE: 2 Weeks After**

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### **ASSIGNMENTS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **THE SHORT SMOKE A.L.A.R.M.**

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## **POSITIVE SUGGESTIONS FOR CHANGING MY SELF IMAGE**

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## **NOTES:**

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# FINAL ASSIGNMENT

Write Bill McCaan at

Thought Technology Ltd.  
2180 Belgrave Avenue, Montreal, Quebec Canada H4A 2L8  
[www.thoughttechnology.com](http://www.thoughttechnology.com)

## Other Lifestyle Programs and Products from Thought Technology Ltd.

### Behavioral Management Programs

- Stress Control with Biofeedback  
by Dr. Stephen Sideroff
- Weight Control with Biofeedback  
by Dr. Hal Myers
- Stop Smoking with Biofeedback  
by Drs. John Corson & Bill McCann
- Sleep Well with Biofeedback  
by Dr. Peter Hauri
- Flying Relaxed with Biofeedback  
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by Dr. Sheila Blume
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by Major (Ret'd) Nory Laderoute
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Dr. Michael Spevack

### Biofeedback Monitors

- Heart Rate
- Blood Volume Pulse (BVP)
- Muscle Tension (EMG)
- Temperature
- Skin Conductance(SC)
- Electrocardiography (EKG)
- Electroencephalography (EEG)
- Respiration

For more information contact your local distributor or write

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2180 Belgrave Ave.  
Montreal, Canada H4A 2L8  
or call  
(514) 489-8251

In the USA call  
1-800-361-3651



# Biofeedback helps you stop smoking...and more

This tested and proven Stop-Smoking Program uses simple behavioral techniques developed by W.J. McCann, M.A., of the Behavioral Medicine & Consultation Services, University of Vermont, in collaboration with J.A. Corson Ph.D., of Dartmouth Medical School.

The combination of Biofeedback and Behavioral Management Techniques works effectively to help you understand and control your need to smoke.

The unique feature of the program is the inclusion of Thought Technology's award winning GSR 2 Biofeedback Monitor which measures changes in skin pore size, an instant accurate indication of changes in stress.

The hand-held GSR 2 turns itself on automatically at the touch of your fingertips and emits a tone. Tension raises the tone, relaxation lowers it and you quickly learn to call on these relaxation skills to counter the urge to smoke.

In effect, your subconscious behavior patterns are altered to break the smoking habit.

Even more important, this newly-discovered ability to control stress and relax deeply will release powers and capabilities within you that have been restricted by tension for years. There'll be a change in your outlook, attitudes and lifestyle.



**GSR2™**



1975, 1977, 1979, 1984 International Design Awards, Geneva, Switzerland, Neurenberg, Germany.

 **Thought Technology Ltd.**

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#### Stop Smoking with Biofeedback

is a product of Thought Technology Ltd., leaders in the development of stress-control products and programs used by medical, educational and sports professionals worldwide.