

The 15-step Stop Smoking Lesson Manual for Instructors

A Lesson Manual to Help LDS Missionaries Teach People to Quit Smoking
Permanently

By David M. Bresnahan

© 1985, 1987, 2007, 2011, 2020 David M. Bresnahan

Mission presidents and full-time missionaries of The Church of Jesus Christ of Latter-day Saints have permission to photocopy as needed. All others must request permission from the copyright owner for any use. DO NOT give this manual to a smoker. Smokers MUST be taught. They will not succeed if they just read the manual. Please read the manual and give the lesson as designed.

www.LDSStopSmokingProgram.org

IMPORTANT

This is not an official publication of The Church of Jesus Christ of Latter-day Saints. It is available for use by missionaries at no charge for the sole purpose of helping people who wish to stop using tobacco in any form.

People with allergies or medical conditions should use caution and wisdom before using some of the products that are a part of this lesson. **ELIMINATE** anything from the program that may cause a medical problem or allergic reaction. Do not substitute anything else. **Just delete whatever is a problem and continue without it.** Anyone who participates in the use of the 15 steps of this program does so at their own risk.

This manual is available at no charge to full-time missionaries of The Church of Jesus Christ of Latter-day Saints through www.LDSStopSmokingProgram.org, and must be used to help people quit smoking without charge. This manual may not be sold or given to anyone who will use it as a part of any program for which there is a charge to participate.

DO NOT give this manual or any part of it to a smoker. Smokers **MUST** be taught by missionaries or priesthood leaders as detailed in this manual. A smoker will not be able to successfully quit smoking just by reading the manual or the 15 steps.

This lesson manual may not be published in whole or in part in any form, including online or electronic formats without the express written permission of the copyright holder.

Published by and copyright by David M. Bresnahan; phone 801-804-5386; e-mail dave@bresnahan.org. All rights reserved. Copyright 1985, 1987, 2007, 2011, 2020.

Acknowledgments

There are so many fine people who have been a part of this growing project that it is impossible to thank them all by name. My thanks go to the many missionaries and mission presidents all over the world who have presented this lesson to many wonderful people. There are hundreds who have helped with art work, translation, publishing, Internet, and more.

A special thanks goes to President and Sister Vernon J. Tipton of the Ireland Dublin Mission for their tremendous encouragement and support as well as their patience and love.

I am also grateful to my former missionary companions and missionaries of the Ireland Dublin Mission who were so supportive and helpful. I am most grateful for the inspiration and guidance the Lord has given in the preparation of this entire program, which came because of our need and as a response to fasting and prayer.

Dedication

This lesson manual and program are dedicated to my father and his parents who all smoked for many years and died of lung cancer long before this program was developed. I love them greatly and know we will all one day be together again.

- David M. Bresnahan

Table of Contents

Chapter 1 – How the 15-step Stop Smoking Program Works	1
Chapter 2 – Finding Golden Contacts	3
Chapter 3 - The Stop Smoking Lesson.....	5
Chapter 4 - Overcoming Objections	21
Appendix	23

Chapter 1

How the Stop Smoking Program Works

Purpose

The stop smoking lesson is designed to help people who want to quit smoking but have been unable to do so. This program has been taught by thousands of missionaries from The Church of Jesus Christ of Latter-day Saints all over the world since 1983. It is also a very effective finding tool to assist missionaries find people who are interested in learning more about the Restored Gospel.

This easy-to-follow, 60- to 90-minute lesson can be presented by anyone regardless of whether they have ever smoked themselves. It works best when a member of the Church has agreed to invite someone they know, to come to their home to learn to quit smoking. The lesson is taught by the full-time missionaries and the friendshipner provides the daily help and support described in this manual.

How Was the Stop Smoking Lesson Developed?

David M. Bresnahan served in the Ireland Dublin Mission from 1983 to 1985. He was frustrated by the many investigators who were unable to be baptized because of their inability to quit smoking. Elder Bresnahan and his companion, Elder Rudy Van Hove, began a diligent effort to research methods of smoking cessation. Not finding any program which would be adaptable to their needs, they turned to the Lord in fasting and prayer. This stop smoking program is the result.

Does it work?

This stop smoking program has been used by thousands of missionaries in virtually all missions of the world since 1983. The 15 steps to quit have never been changed or modified from those that were developed through that process of fasting and prayer. The program has proven itself time and time again. When people faithfully follow the 15 steps they will be able to eliminate the longing for tobacco and successfully quit.

A study of the use of this program found that 85 percent of those who took the lesson quit, and of those a third were baptized. Missionaries should consider using this program as a finding tool. In other words, use the stop smoking program as an

introduction that will begin the process of preparing people to hear the Restored Gospel.

How it Works

Participants are taught how to quit smoking by following 15 steps every day for a week. During those seven days the friendshipper assists each participant with friendly encouragement and support each day.

Why It Works So Well

The program works because it enables a smoker to turn off the longing for a cigarette. When smokers do not face this constant longing, quitting is easy. It works equally well for people who want to stop using any form of tobacco.

Method

The steps to follow for the most success are:

1. Ask an LDS family to invite a smoker to their home where the missionaries will teach the stop smoking lesson.
2. Teach the LDS family how to serve as friendshippers.
3. Missionaries conduct the stop smoking lesson.
4. The LDS family performs friendshipshipping support daily.
5. Missionaries visit or call the smoker briefly two or three times during the week to offer encouragement, reinforcement, and support. The missionaries also call the friendshipper each day to monitor progress and give support.
6. Another visit is held on the seventh day at the friendshipper's home to celebrate success, perhaps watch a video about the Church, and have refreshments.
7. This is the ideal time to ask the new non-smoker to take the missionary discussions.
8. The missionary lessons are then presented on a regular basis in the member's home.
9. The former smoker and family are baptized.

Tools Available to Help You

A copy of this manual, as well as other information that may be helpful to you, can be obtained by visiting www.LDSStopSmokingProgram.org. Please also feel free to call David M. Bresnahan at 801-562-5362, or send an E-mail to info@A4HW.org (please follow mission rules for calls and E-mail).

Chapter 2

Finding Golden Contacts

Finding Golden Contacts

First invite smokers to learn how to quit, and then invite them to learn about the Restored Gospel. By the time the smoker has successfully completed the LDS 15-step Stop Smoking Program he or she...

- Has private personal prayer each day.
- Receives answers to prayer and recognizes the Spirit.
- Has begun to repent and receive blessings for doing so.
- Feels personal satisfaction for accomplishing a great goal.
- Knows a member of the Church who sincerely cares about them.
- Feels the genuine love and care from that Church member.
- Sees the example of the member.
- Has developed curiosity about the Church.

In other words, missionaries now have a golden contact they can teach.

How to Get Members to Help

LDS Missionaries should visit the Priesthood and Relief Society Meetings and ask for a few minutes during the opening to make an announcement. One missionary should make the announcement and the companion should have 3x5 index cards and pencils ready to hand out. The announcement should be given something like this:

I would like to ask everyone a question. How many of you know someone who smokes? Please raise your hand.

Usually just about everyone in the room will raise their hands.

How many of you would like that smoker to quit?

Again, most of them will raise their hands again.

My companion and I are prepared to teach people how to quit smoking. We would like to come to your home and explain how it works so we can help

the person you know to quit. Please put your name and phone number on the card my companion is passing out. Below that please list the names of all the people you know who smoke. We will call you and arrange to come to your home to discuss with you how we can help those people. Most smokers want to quit but have been unable to get rid of the longing they feel for a cigarette. We can teach them to make that feeling go away, and that makes it easy to quit.

Collect the cards right away and begin calling the members later that day to schedule a time to meet with them in their home and explain the program. You can help them overcome any feelings of concern if you explain:

1. LDS Members can invite their friends to take the stop smoking lesson without having to talk about the Gospel.
2. The missionaries will not teach the discussions or Gospel subjects while teaching people to quit smoking, other than teaching people to pray.
3. The stop smoking lesson is informal, and relaxed for everyone involved.

Teach LDS members to pray for guidance and the Spirit will guide them to know who to invite first. The member should personally visit their friend if possible, and simply ask them if they have ever tried to quit. The smoker will most likely say yes. Next, the member should invite the smoker and their entire family to come to the member's home to receive the lesson.

It is important to try your best to have the smoker, spouse, and children attend the lesson. Explain that the family needs to know what they can do that will support the efforts of the smoker to quit. If they do not sit in on the lesson they will not know how to help in the best way.

The value of the friendship cannot be overstated. Please make every effort to have a family friendship the person you teach. The friendship is the key to the success of the stop smoking program and to the invitation to hear the Gospel.

Large Group Lessons

Often missionaries think it would be great to put up posters and invite large numbers of smokers to come to a group session. This has not proven to be successful because of the lack of personal attention, and because most smokers do not like to be in a group situation. It can be intimidating to them. So please do not give group lessons.

Chapter 3

The Stop Smoking Lesson

Introduction

Before attempting to give this stop smoking lesson, it is highly recommended that you study this manual thoroughly to improve your effectiveness. The people you teach will do better if they feel that you are confident in what you teach.

The lesson itself is made up of 15 steps to be taught to the participants. *Do not change them in any way*, although you may explain the steps in your own words. The lesson is written in dialogue form to help you know exactly what to say as you give it. It is not intended to be memorized.

Missionaries who give the lesson fairly often report that they reach a point where they feel comfortable giving the lesson from notes on a 3x5 card. The key to success is to become knowledgeable and proficient through frequent study and practice.

Important Suggestions

This lesson may be given in your own words but the key concepts must not be left out. You must also commit each participant to every step along the way. Do not leave any of these out. Companions should take turns giving the different parts of the lesson.

Friendshippers should tell participants to bring their cigarettes along. Participants should have their spouse and family with them, unless the children are too young and would be disruptive. In this case, children of the friendship can entertain the participant's children out of sight and hearing range.

It has proven valuable to have participants record the presentation for review at home during the week. If they do not have one, or in case they forget it, the friendship may wish to have a recorder available.

Be sure to make prior arrangements with the head of the house to have an opening prayer, which will serve as an example to the participants when they are taught to pray during the lesson.

The Lesson

Part 1: Declaration of Independence

Nobody can convince you to quit smoking and I'm not going to try. Only you can do it. It takes effort and determination. But thousands have succeeded with this very same method, and you can too. The hardest thing for you to do in this program is to actually decide you are going to quit.

You've already made a big step in that direction by coming here to this lesson. We don't use any scare tactics, medical statistics, or gimmicks of any kind. We are going to teach you how to use 15 proven steps which will enable you to quit without pain or discomfort of any kind.

We want you to use your faith and trust in us to follow each of the steps to the letter every day for the next seven days.

Is that fair enough to ask? Can you do it? (*Get commitment.*)

The reason this system is so successful is because it is designed to turn off the longing, the desire, and the craving for a cigarette which has prevented you from quitting successfully in the past. If you can permanently turn off the longing for a smoke, wouldn't you agree that it would be easy to quit? (*Get commitment.*)

I have a sincere promise that I'd like to make to you, and then I'd like to have you make one to me. My promise to you is this:

If you will forget all the past experiences you've had trying to quit and follow every single step we teach every day for seven days, I can guarantee you that you will be a nonsmoker in seven days.

It is true. But there is only one way for you to find out how great this system, you have to try it. You can never honestly say the system doesn't work unless you've put it to the test.

So I'm going to ask you to trust me for the next seven days, and I'm going to ask you to make a commitment to me and to everyone here. (*Have the friendshipners give the participants a copy of the Declaration of Independence.*)

Would you be kind enough to read this aloud for us? *(The participant reads the form while everyone else follows along.)*

Remember my promise to you. If you will trust us and do as we ask for just one week, you will be a nonsmoker at the end of the week. Fair enough? Would you please sign the Declaration of Independence? *(Get commitment.)*

Part 2: Pavlov and His Dogs

Back when you first started to smoke, you had to learn how, right? It took some time and effort, and a little pain and discomfort. You were willing to pay the price to obtain the end results. You must be willing to pay the price to make a change now. Does it make sense to you that now that you have learned how to be a smoker you must learn how to be a nonsmoker?

There was a famous Russian scientist named Pavlov. He did a famous experiment on conditioning. He put a dog in a cage with a special device attached to its throat that registered each time the dog salivated. Whenever Pavlov put food in front of the dog, the machine registered.

Pavlov rang a bell and the dog did not salivate. Once he proved that the bell did not make the dog salivate, he placed food in front of the dog and the machine registered. He then rang a bell each time he fed the dog. In a short time all he had to do was to ring the bell and the dog salivated because it expected food. The dog had been conditioned to salivate when the bell rang.

Smokers experience a similar type of conditioning. Smokers have a bell too. Smokers have all kinds of bells which send a signal to the brain that tells them "time for a cigarette."

For example, many smokers feel the urge for a cigarette when they drink coffee, or right after a meal. What are some of the smoking bells you experience? *(Have participants name the bells. Typical ones include taking on the phone, watching TV, driving in the car, having an alcoholic drink, upon waking in the morning, and when bored to name a few. If they miss any of the ones mentioned, ask about them)*

Many people can quit for short periods of time through will-power, but to make it permanent you must learn how to make the bell stop ringing. If we

can really turn off the longing for a cigarette, would you be able to quit?
(*Get commitment.*)

Part 3: Crushing the Habit

I guarantee that I can teach you how to turn off that bell. Do you want to turn it off? Are you willing to follow the 15 steps I am going to teach you for a full week in order to turn off those bells? (*Get commitment.*)

We are going to go over each and every one of the 15 steps together. I will explain them all so you'll know exactly what to do and why it works. But before we do that, there is one more important thing you must do.

Please take out your pack of cigarettes so we can see it. Hold it right out in front of you. Now, on the count of three, I want you to crush your cigarettes completely. Ready? One ... two ... three ... crush! (*This is an important act of commitment. Do not give up until they do it.*)

That's great! I know how much courage and strength that took. That was the hardest thing you will be asked to do in this program. You are now a non-smoker. Congratulations!

You must not continue with the lesson without full commitment from each participant. If they do not make the commitment at this point, experience has proven they will not follow the 15 steps. You are not trying to convince them to quit. They must have that desire themselves or they will fail. Ask them again to follow the steps based on faith. If they will not crush the cigarettes stop and do not give the lesson.

PART 4: The 15 Steps

Have the friendship passers pass out copies of the stop smoking lesson brochure containing the 15 steps. Explain each of the steps as described below in order. Do not change any of the steps, although you may explain them in your own words.

Get a commitment after each step. Few have succeeded unless they follow all the steps precisely. Each step is vital.

Step 1 – Pray

Give your testimony that God is real and that He hears and answers prayers. Have the friendshipers distribute the Four Steps of Prayer card from the Appendix. Briefly teach the four steps.

Ask the participant to begin each day with a private, personal prayer. Ask them to use the four steps you taught, and get a commitment.

Personal vocal prayer is new to many people. One really good way to develop confidence is to “practice” praying. It really helps if the entire family of the smoker are present.

Tell everyone that you will pretend that you are praying right now and tell them one thing you are thankful for. Then go around the room and ask everyone to say one thing they are thankful for. Compliment each person.

Then do the same thing and ask them to name something they would ask Heavenly Father for if they were actually praying right now. Again, compliment them for what they say.

This is a good time to now ask the kids if they will pray for the smoker. Get them to commit to a private, personal prayer at the start of their day and that they will pray for the smoker. Get a similar commitment from the smoker’s spouse.

Ask the members of the friendshipers’ family if they will also have a private personal prayer for the smoker at the start of each day.

All of this will have a tremendous influence on the smoker and give added strength and motivation.

Next, talk about family prayer and get everyone to make a commitment to participate in family prayer each day.

Step 2 – AVOID TEMPTATION

You must immediately get rid of all smoking materials. Most smokers have more than one pack of cigarettes. When you leave here don’t just throw the rest of your cigarettes away, destroy them. Get rid of matches and cigarette lighters, and especially ashtrays. Clean your clothes and don’t forget to clean out your car.

The smoker's bell can be triggered by a stimulus to any of the five senses - sight, touch, smell, hearing, or taste. We must deal with everything which could possibly cause that bell to ring. Just the sight of a pack of matches could do it, or the sight or smell of an ashtray.

If I were standing here ringing a bell (*use a small bell and begin ringing*) and you couldn't stop me, it would eventually drive you crazy. At first the bell would seem like something you could deal with and you could ignore it, but over a period of time it would continue ringing and your defenses would break down. To succeed, you must learn how to turn the bell off, not how to ignore it. Does that make sense to you? (*Use a bell. It works really well.*)

Many people keep a pack of cigarettes hidden "just in case." Don't make this mistake. Don't put yourself in a position to have to fight off temptation. If you had decided to go on a diet, would you leave a big chocolate cake sitting out on the table all day where you could see it? Of course not, you'd just be asking for trouble.

Will you completely eliminate all smoking materials from your personal environment? (*Get commitment.*)

Note: You can find a small bell for about \$1 or less at a sporting goods store in the fishing section. They are used on the end of a pole by a lazy fisherman!

Step 3 – PREPARE

This is a vitally important step and must be used every day. This also prepares the participant to have a period of personal study each morning, which will help you when you introduce the Restore Gospel later.

There are three ways for you to be prepared. The first is what you are doing right now -- gaining the knowledge of how the system works and what you must do.

The second way to be prepared is to have all the necessary materials required to fulfill all the 15 steps every day for a week. Knowing what to do isn't enough if you don't have the materials.

The third form of preparation is to remind yourself every day of the 15 steps so you won't forget what you must do. At the start of each day, study the 15

steps and recommit yourself to completely follow each and every one of them throughout the day. Just take it one day at a time.

Will you study the 15 steps at the start of each day? (*Get commitment.*)

Step 4 – BRUSH TEETH

The moment you wake up in the morning, you must immediately jump right out of bed and head for the bathroom to brush your teeth. Then rinse your mouth with a strong, cinnamon-flavored mouthwash. (*Lavoris brand is best if you can find it. Ask the friendshipper to shop in advance, and go online if needed. Lavoris works extremely well. You will be glad you went to the effort to get it.*)

You have been conditioned to want a cigarette in the morning when you wake up and have that “morning mouth” taste in your mouth. By making a drastic change in the taste in your mouth, that first bell will not go off.

Even if you don’t usually have a cigarette right away when you wake up, this step is essential and must not be skipped. It will help you get your day started without a first cigarette regardless of when you usually light that first one up. The nature of the mouthwash is such that it leaves a taste in your mouth which lingers for an extended time and helps keep the bell from ringing for a long time.

Do you promise to brush your teeth and use mouthwash immediately when you wake up each day without fail? (*Get commitment.*)

Step 5 – BREAKFAST

Do you have breakfast in the morning? Most smokers don’t. For the next seven days, and hopefully from now on, you must have a good, healthy, nutritional breakfast to get your day started on the right foot.

Let’s take a quick look at what you’ve been doing. You’ve been putting pollution from smoking into your blood stream with very little good nutrition. When you quit smoking, your body needs as much good stuff coming in as possible to help clean out the pollution and give you added strength, energy, and an overall feeling of well-being.

Does it make sense to think of your body as needing a good cleaning of the insides because of the effects of smoking? A lot of that junk in there can

cause the bell to ring, so the sooner you can clean it out the better off you will be.

What I mean by a “good” breakfast is some whole grain cereal (hot or cold), along with fresh fruit. You can add anything else you may want, but these are the basics for a minimum good breakfast. Get into it! What kinds of foods do you think you’d like to have for breakfast? *(Briefly discuss the possibilities.)*

Your body has been used to getting only pollution as the first fuel of the day. Now, as you put much better fuel into your body, doesn’t it make sense that your body will start running better? *(Get response.)* Will you have a complete breakfast every day? *(Get commitment.)*

Step 6 – GRAPEFRUIT JUICE AND VITAMIN C

Regardless of what you have for breakfast, you must end it by drinking at least 3 to 4 ounces of raw, unsweetened grapefruit juice. The pink kind will not work. Most smokers feel the need for a cigarette right after a meal. You have not been conditioned to smoke a cigarette after drinking grapefruit juice.

Because this step is so effective at turning off the after meal cigarette bell, you must drink grapefruit juice after EVERY meal, not just at breakfast. Does that make sense? *(Get response.)* Will you commit to drinking raw, unsweetened grapefruit juice after each meal? *(Get commitment.)*

Every time you smoke a cigarette you bring nicotine into your body. That nicotine ends up in your blood. Let’s say your blood contains this much nicotine. *(Illustrate with open hands one above the other about 1 foot apart.)* When that amount goes down to here, *(Show hands closer together.)* a bell goes off because your body wants more nicotine. So you smoke a cigarette, replenish the nicotine supply, and the bell stops ringing.

The need for nicotine causes the cigarette bell to ring an estimated 10 to 20 percent of the time when you feel the need for a cigarette. The rest of the time it is caused by conditioned responses. Interestingly enough, the nicotine bell only goes off when the nicotine level in your blood is lowered, but stops ringing when the nicotine is gone completely *(First show hands far apart again, then closer, then together.)*

Normally when a person stops smoking, it will take four weeks or more for all the nicotine to leave the blood completely. High doses of vitamin C will clean all nicotine out of the body in about a week.

For this reason you need to keep the level of vitamin C in your body at a high level all the time. The grapefruit juice will get you on a good start but you will need more. Take vitamin C tablets after every meal. The suggested dosage is 500 to 1,000 mg tablets. Will you take vitamin C with each meal day? (*Get commitment.*)

Step 7 – BRUSH AND USE MOUTHWASH AFTER EVERY MEAL

You must brush your teeth after every meal, followed by a rinse with the mouthwash. Many people get themselves an extra toothbrush and an extra bottle of mouthwash to bring to work or school during the day. No matter where you are for your meals, you must carry out this step.

When you eat, particles of food get stuck in your teeth. Later in the day those particles may come out and hit a taste bud causing a bell to go off. You won't know what caused the bell. All you'll know is that you will want a cigarette.

This step is an important step in preventing a predictable bell from ringing. Don't treat it lightly. Will you brush your teeth and use the mouthwash after every meal? (*Get commitment.*)

Step 8 – SNACKS

Many people are concerned that they will gain weight due to excess snacking when they stop smoking. The desire to munch on something through the day may be a very real concern for some who quit. But we can easily turn that into a positive aspect of this program. Remember, good nutrition helps turn off the bell!

The problem is not how much you eat, it's what you eat. All this week you can eat all you want, provided you eat the right things. Your desire to snack can be satisfied very easily by food that will add good nutrition to your body rather than food which will only add calories.

Many people have found that snacking on cold, crisp fruits and vegetables satisfies their desire to munch. There have even been people who have reported losing weight during their week on this program. Here are some suggestions for snacks:

- Sliced apples
- Carrot sticks
- Celery sticks
- Raw, cut up broccoli
- Raw, cut up cauliflower
- Grapes

Fruits and vegetables really help to satisfy the desire to have something to munch on and add great nutrition to help your body clean out all that pollution.

In order to obey Step 3 and be prepared you've got to have these things available so you will be able to get them easily when you feel like munching.

Will you go right out and get these things and then keep them with you all during the day so you can snack on the right foods? (*Get commitment.*)

Note: Snacking on the above foods does not require brushing and using mouthwash, it is optional. If the participant snacks on foods other than fruits and vegetables, brushing is required, as is finishing the snack with some grapefruit juice. Do not take vitamin C more than three times a day.

Step 9 – NO COFFEE, TEA OR ALCOHOL

You must not -- without exception -- drink coffee, tea, or alcohol throughout this week. You know as well as we do that you cannot drink any of these without experiencing the cigarette bell. That bell will ring, and if you do not stop the bell from ringing, this system will fail and you will eventually go back to smoking.

You may have the initial strength to ignore the bell and think you can get away with having a cup of coffee, or a beer with some friends. Others have also thought they could do this and, as a result, they are still smokers today. Remember my bell? (*Ring bell as a reinforcement.*) You can deal with it for a while, but sooner or later it will cause you to break down.

Remember, we are only talking about seven days. Of course we'd like you to consider refraining from these beverages from now on. But for this

program we are only asking for seven days. Is that fair enough? (*Get commitment.*)

Some participants will have social plans to be with people who will be both drinking and smoking sometime during the week. Ask them to change their plans, just for this week. With the help of your friendship partners you should easily be able to keep them busy all week with other activities.

STEP 10 – FRIENDLY SUPPORT

Most smokers do not tell anyone when they are trying to quit. That makes it easy for them to fail because they do not have to account to anyone. This program purposely puts them in a position in which everyone they know becomes aware of what they are doing.

You don't have to worry about your smoking friends and the reactions they will have when you tell them what you are doing. Others who have completed this program report their smoking friends don't believe they will succeed at first. But as the week comes to an end and they see you are really succeeding, your smoking friends will begin asking you how the system works. Your example will inspire others to give it a try and we'll be happy to teach this same lesson to your friends.

Remember Step 2? It says you must avoid temptation. It will be hard for you to be around someone who is smoking. Let me share a way you can get them to help you.

When you encounter a smoker, you should try to discuss this problem with them when they are not smoking. Try saying something like: "Did you know I've quit smoking? I took a lesson on how to quit by following these 15 steps every day for a week." You might even like to show them the actual 15 steps. Then say, "See Step 2? I have to avoid seeing or smelling cigarettes so I won't have a desire to smoke. It works really well. Would you do a favor for me? Would you mind not smoking where I can see you, or at least warning me just before you light up so I can step away? I'd really appreciate it because I know I can quit if I can just follow these 15 steps as completely as I can."

When smokers are approached while not actually smoking, they are far less defensive about being asked not to smoke near you. Use positives

rather than negatives. Instead of telling someone not to smoke near you, why not just ask if they'd do you a favor.

Will you tell everyone you meet that you have quit smoking and ask smokers not to smoke in your presence? (*Get commitment.*)

Step 11 – HELP OTHERS QUIT

The more people who know about your efforts to quit, the more likely you will be asked by other smokers how they can do it too. This will be your chance to tell them about this program and invite them to give it a try.

We're not asking you to teach the lesson. We'll be glad to do that for you. The reason this step is so important is because it gives you an opportunity to reinforce what you are learning. When you hear us give this lesson again for one of your friends it will reinforce everything you've learned and quitting will be easier.

Will you carry a copy of the 15 steps with you to show your friends when they ask about what you're doing, and then will you invite them to come to a lesson too? (*Get commitment.*)

Step 12 – PUT SIGNS UP EVERYWHERE

Ask the friendship partners to pass out the several signs.

These signs are great! They really help remind you of the commitment you've made and help keep you smiling about it. You should put them up everywhere. They will reinforce the decision you've made and also bring both support and curiosity from others.

Give everyone a chance to look at the different signs and laugh at them. Ask for ideas about the blank pack of cigarettes they can print their own sign on. Ask them to tell you where they will put them up.

Make it a family project. Get everyone involved. Some families with kids have the kids get involved by making their own signs and putting them up, or coloring the ones provided.

Please take out your Declaration of Independence again. That is also one of your signs. We want you to put that up also. It should be in a really

prominent place, like in the living room or on the refrigerator. You might even like to copy it and sign another one, so you can put one up at work.

Will you promise to put up these signs right away when you leave this lesson? (*Get commitment.*)

Step 13 – KEEP BUSY

If you allow yourself to sit around bored with nothing to do, chances are that bell will ring. You can prevent this by making an extra effort to stay busy throughout the week.

Ask the smoker to suggest ways to stay busy and not get bored. You may want to suggest projects that have been put off, volunteer to help some worthwhile group, help a neighbor with a project, do something fun with the family, or just go for a walk.

Please note that this is where you will rely heavily on the friendship. Service projects to help someone else are a great idea, and why not have a family home evening? A great many blessings can come from staying busy.

Take out the Stop Smoking Success Calendar from the Appendix. Make sure everyone participates in planning some activities, and make sure everyone has a copy of the calendar and plans at the end of the lesson.

Take note of their schedule so you will know the best times to phone. Try to schedule your two visits during the week also. Promise to keep visits around 10 or 15 minutes, just long enough to offer encouragement and answer questions.

Do you promise to keep yourself busy every day this week? (*Get commitment.*)

Step 14 – EMERGENCY PROCEDURES

Each of the steps we have taught you will turn off the cigarette bell most of the time. However, there will be times when the bell will ring even though you've done everything we've said. It won't happen too often but it will happen. These emergency procedures will give you a way to turn the bell off so you won't want or need to smoke. (*Have friendship givers give the Emergency Procedures card from the Appendix.*)

The first emergency procedure is great because you need no special provisions. You can do it anywhere, anytime. All you have to do is a little deep breathing exercise we will teach you.

Deep breathing does two great things for you. It will stop the bell quickly because it causes five times more oxygen than normal to go rushing to your brain. Your brain decides it likes oxygen more than nicotine and thus it turns off the cigarette bell.

You can also use this exercise to help clean out your lungs. As you put fresh oxygen into your lungs, it is forced into your blood. This helps force the pollution in your blood out. It takes quite a while to completely clean up your lungs, but deep breathing gets that off to a faster start. If you start coughing more than usual, that's okay. Most smokers begin coughing when they quit. This is part of your body's natural system of cleaning out the pollution you put in your lungs for so many years.

There is just one caution about deep breathing. You may feel a bit light-headed so it may not be a good idea to do it when you're driving.

Now here's how to do the deep breathing exercise. The idea is to empty your lungs of all the air that is in them, and then fill them up with as much air as possible. Start by breathing out all the air you can. When you think all the air is out, say "help" to get that last little bit of air out. You then slowly fill your lungs to their full capacity. Hold your breath for a few seconds, then let all the air out and repeat this at least three more times for a total of at least four times. So let's all give it a try.

Get everyone to follow you as you demonstrate the deep breathing exercise. Often there is a lot of laughing after the first time. Give the kids in the room a chance to get the laughs out of their system, then try again. Do it the full four times because the participants have most likely had the desire for a cigarette by this point and need some help. You will be helping them.

Doesn't that feel great? All that fresh oxygen is now flowing through your blood and straight to your brain. By any chance do you feel like having a cigarette? Is the bell off? *(Encourage them to admit they did have a desire for a cigarette but now it is gone.)*

You can do deep breathing anytime the urge for a cigarette comes along. It's easy to do, and no one has to really know you're doing it. Do you think this is a good emergency step to have? Will you use it? (*Get commitment.*)

The next emergency procedure is also very effective. Keep some grapefruit juice handy wherever you go. You can get some of those little cartons or cans to take with you wherever you go. All you need is a small drink to end the desire for a cigarette.

Another emergency procedure is to rinse with the mouthwash when you feel the urge to smoke. This works well and is more long lasting than the juice. Get a small plastic bottle you can put some mouthwash in to carry with you everywhere you go.

The fourth emergency procedure is prayer. Don't forget that the Lord cares about you. He is there and ready to help if you will just ask. If you do all you can, the Lord will help if you ask. When you need a little extra help during the day, don't forget to pray.

How do you feel about these emergency procedures? (*Get response.*) Do you believe that by following the other steps and combining them with the emergency procedures you can completely get rid of the cigarette bell? (*Reinforce as needed if there are doubts.*) Will you use the emergency procedures? (*Get commitment.*)

Step 15 – GIVE THANKS

When you reach the end of the day, we'd like you to report back to Heavenly Father through prayer. Let Him know how you did and thank him for His help. You may want to thank Him for helping you learn about this program, and, of course, for these fine people (*The friendshippers.*) who are so willing to help you. Just live one day at a time and before you know it, the entire week will go by.

Do you promise to pray at the end of each day for the next seven days? (*Get commitment.*)

Part 5: Conclusion

We know these 15 steps are a foolproof system to quit smoking. We know because so many thousands of people have quit during the many years this program has been used throughout the world.

It isn't easy though, and we're all willing to help you. It only works if you will follow the steps. If you cheat, you will only hurt yourself. Experience has shown that some of the people taking this lesson do not follow all of the 15 steps and fail to quit. We know you'll be one of the ones who succeeds.

Will you follow every single step and be back to celebrate next week? (*Get commitment.*)

Caution This program is so successful at turning off the longing for a cigarette that after just two or three days many participants think they have succeeded, and decide to stop. Don't let the people you teach make that mistake.

Although you will feel great very quickly, if you are to succeed you must continue following the steps diligently for a full seven days. Is that fair enough? (*Get commitment.*)

If the friendshipper has been shopping for vitamin C, mouthwash and snacks, this would be a good time to present them to the smoker.

Ask the head of the house to call on someone to give the closing prayer. Remember to arrange in advance to have him call on the smoker. You may wish to give a reminder of the four steps of prayer.

If you want to have refreshments, use some of the fruits and veggies as taught in the lesson.

Chapter 4

Overcoming Objections

Most smokers will say they want to quit but often do not believe there is a way to do so. The average smoker has tried and failed to quit three to five times. These past failures create the attitude that they are condemned to smoking for the rest of their lives.

As you proceed with the lesson, the participants will begin to realize that what you are teaching has some real validity and they may become scared. Suddenly they realize that if they do what you say they will be able to quit. That means they must say good-bye to one of their closest friends -- cigarettes. Believe it or not, smokers like their cigarettes and enjoy the taste. The thought of living without them is often frightening to them.

The result of these feelings will be to start making excuses for why they cannot quit. Some participants who readily gave commitments at the start of the lesson will suddenly give excuses and try to get out of doing it.

The presentation is designed to deal with the most common objections which have been expressed. If you carefully cover all the major points of each step and then get a solid commitment, you will be overcoming many objections which might otherwise come up.

A smoker will not be able to quit unless he wants to. You cannot make him want to quit. Overcoming objections does not mean convincing someone to quit. Overcoming objections just means you must motivate the participant to move forward. It means helping them get enough courage to face a very frightening experience.

Common Objections

When a participant voices an objection, listen carefully to determine what is really being said. Usually what they are really saying is, "I'm scared and I'm looking for a way out." However, there will be a few who just plain don't want to quit. If they don't want to quit, you can't help them until they do.

Objections are a way to procrastinate. No matter what they say, it will not be a good enough reason to delay quitting. The only valid reason to not quit is because they just don't want to. If the smoker wants to quit, you can help them succeed. If they do not want to quit you will not be able to change their mind.

...It's too sudden. I need more time to think it over.

Other smokers who have taken the lesson have said the same thing. It's frightening for many but it only takes one or two days to see how well it works, and with no pain! There will never be a better time to quit than right now. Is that fair enough?

...Cigarettes are my only vice, my only source of relaxation and enjoyment. Let me have my one little weakness.

All smokers tell us how much they have come to enjoy having a cigarette. We certainly understand how you must feel about giving up something you enjoy so much. This program is designed to take away the desire for a cigarette. If you follow the 15 steps every day you will not have a longing for a cigarette. You can do it, we know you can. Is that fair enough?

...I'm too upset and nervous right now to quit. No one has problems like mine. If you had my troubles, you'd understand Smoking helps with my stress.

You're not alone there. I don't know anyone without problems to one degree or another. That's why we've set up this program with so many people involved -- to give you all the help and support you need. Smoking does not help problems go away, it only adds problems to your life. So when you quit you will actually have one less problem to deal with. You can do it, and you can deal with life's problems without cigarettes. Is that fair enough?

Ultimately the information in this lesson manual must be supplemented by guidance from the Spirit as you encounter each individual situation. Make the Lord your partner, not just your observer and you will have plenty of help as you help to bring better health and the truth of the Restore Gospel to many people.

Appendix

DECLARATION OF INDEPENDENCE

I do hereby declare my independence from all forms of tobacco. It is my right and privilege as a human being to have a strong, healthy body. I know that the use of tobacco seriously damages my health and may eventually cause my early death.

I am strong enough to determine my own path in life, and do now freely state that I will never again use any form of tobacco. I do solemnly declare that I will faithfully follow each and every one of the techniques taught to me at this workshop.

I make this promise to myself, my family, my fellow human beings, and to God.

Signature_____ Date_____

The Stop Smoking Workshop



Copyright 1985, 1987, 2007
David M. Bresnahan - All rights reserved.
<http://LDSStopSmokingProgram.org>

HOW TO QUIT SMOKING - PERMANENTLY!

1. **PRAY** – Begin each day with prayer. Ask the help of our Heavenly Father. If you will sincerely do all you can to quit, He will help you succeed.
2. **AVOID TEMPTATION** - Get rid of all smoking materials, even ashtrays. Clean car and clothes. Eliminate all reminders of cigarettes.
3. **PREPARE** - Have all necessary items ready when needed. Study and review these steps every day.
4. **BRUSH TEETH** - Brush your teeth and rinse with a cinnamon flavored mouthwash the moment you wake up each morning.
5. **BREAKFAST** - Eat a good, well balanced breakfast every day.
6. **GRAPEFRUIT JUICE AND VITAMIN C** - Finish every meal with a glass of unsweetened grapefruit juice and take vitamin C three times a day.
7. **BRUSH TEETH AFTER EVERY MEAL** - You must brush after every meal no matter where you are. Finish by rinsing with the mouthwash.
8. **SNACKS** - Eat snacks as often as you wish, but only eat such nutritious foods as raw vegetables and fruits. Have these readily available.
9. **NO COFFEE, TEA, OR ALCOHOL** - These drinks are strictly forbidden. You must not indulge and should stay away from those who do during the week.
10. **FRIENDLY SUPPORT** - Do not keep your efforts to quit a secret. Tell everyone and ask for help and support from family and friends.
11. **HELP OTHERS QUIT** - Show these 15 steps to other smokers when they ask what you are doing to quit. Invite them to a workshop. As you bring a friend to a workshop you will be helping them and reinforcing your own commitment.
12. **PUT SIGNS UP EVERYWHERE** - Cut out the signs given to you and put them up in all the places you used to have ash trays, both at work and home. When you see the signs they will make you smile and remind you of your commitment to quit.
13. **KEEP BUSY** - There is always something to keep you active and involved. Do not sit around doing nothing. Try exercise, hobbies, volunteer work, or just get outside for a brisk walk.
14. **EMERGENCY PROCEDURES** - Use one or more of these each time you feel the urge for a cigarette:
 - **DEEP BREATHING**
 - **GRAPEFRUIT JUICE**
 - **MOUTHWASH**
 - **PRAYER**
15. **GIVE THANKS** - At the end of each day, give thanks to God through prayer for the help He has given you. Report on your progress and express your commitment to succeed.

Prayer

1. Our Heavenly Father...
2. We thank thee...
3. We ask thee...
4. In the name of Jesus Christ, amen.

Stop Smoking Supplies

1. Toothbrush and toothpaste
2. Grapefruit juice
3. Fresh fruits, vegetables
4. Mouthwash
5. Vitamin C
6. Plastic bottle (mouthwash)

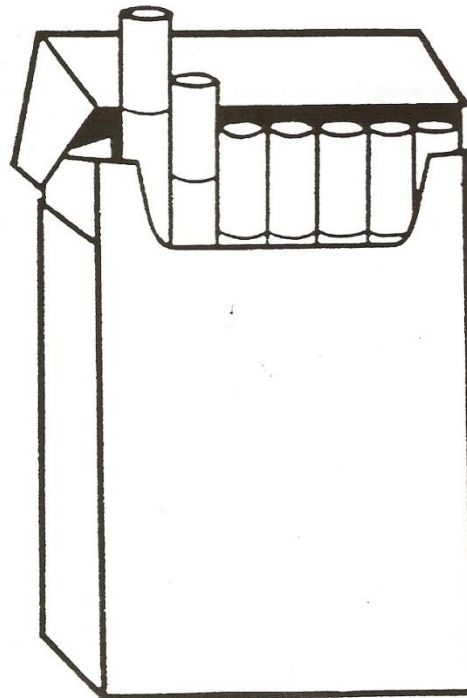
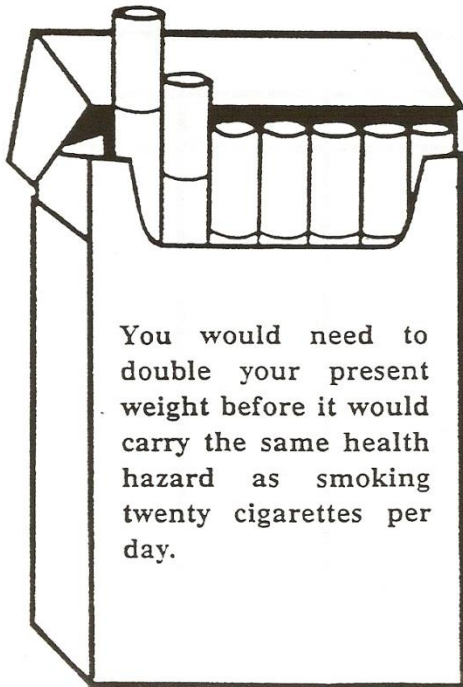
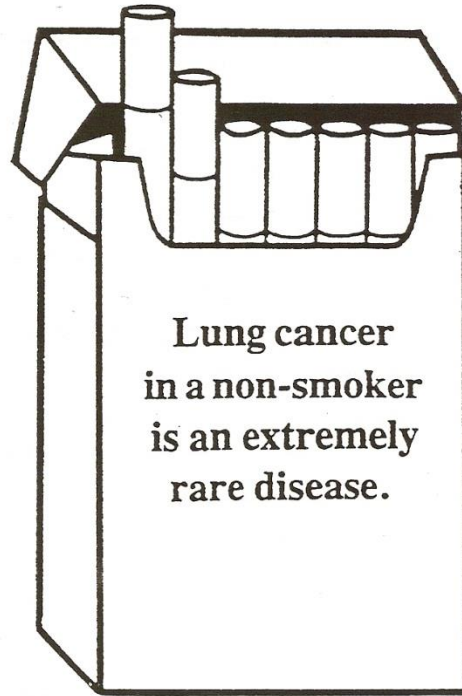
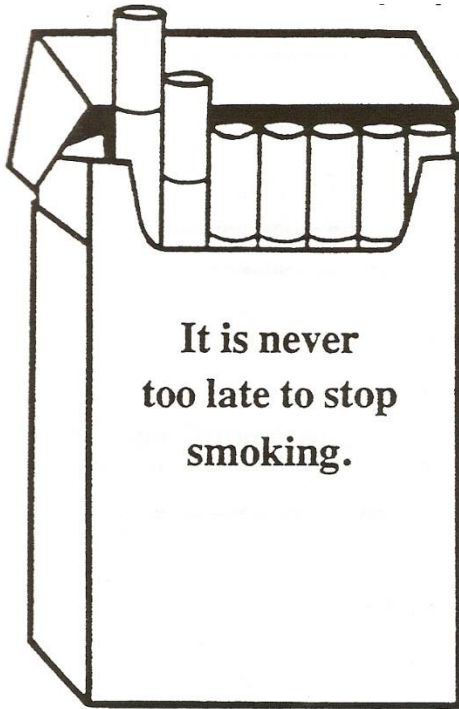
Emergency Procedures

1. Deep breathing
2. Mouthwash
3. Grapefruit juice
4. Prayer

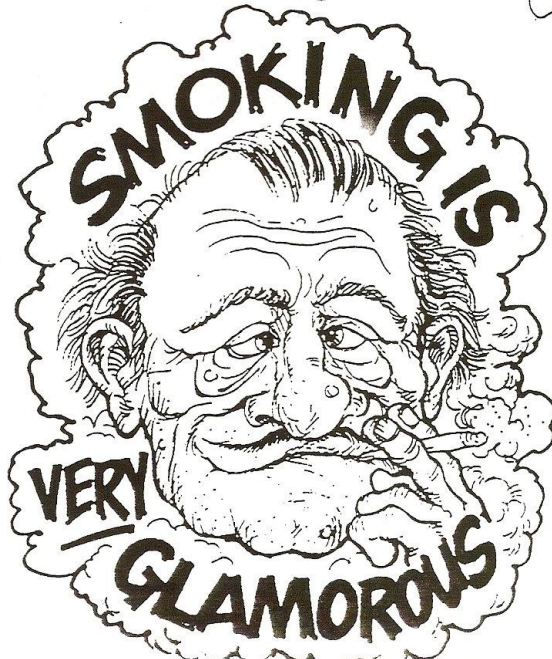
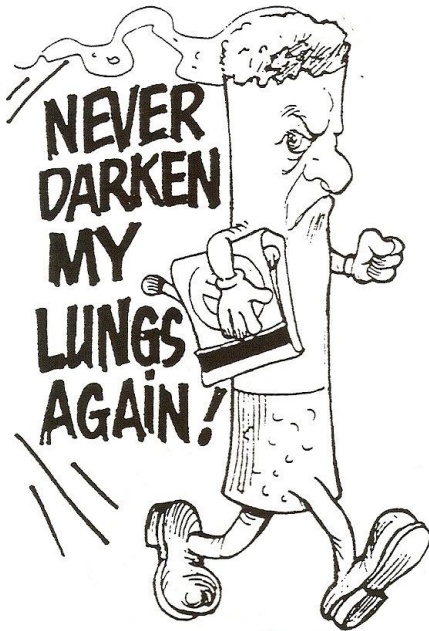
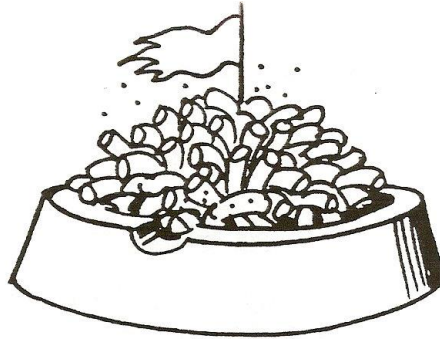
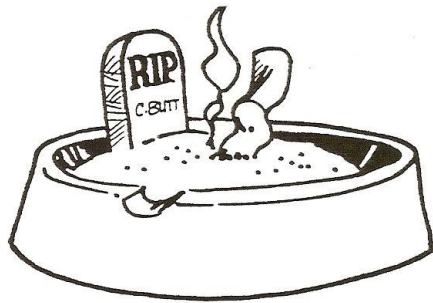
Stop Smoking Success Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Cut out each sign and use tape to place them where they will be regularly seen every day.



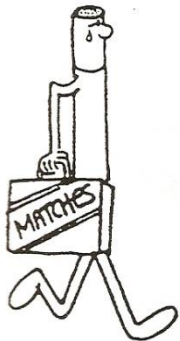
Cut out each sign and use tape to place them where they will be regularly seen every day.



Cut out each sign and use tape to place them where they will be regularly seen every day.



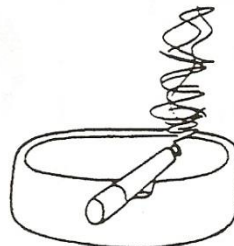
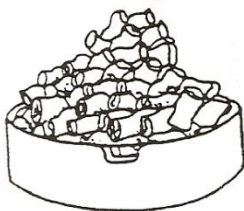
Warning: Cigarette Smoking Can Seriously Damage your Health



Never darken my lungs again!



I AM STRONG



Cut each saying out and place it where you will see it often.

Kissing a smoker is like licking an ashtray!

Kissing a smoker is like licking an ashtray!

I QUIT! I QUIT! I QUIT! I QUIT!

No way! No way! No way! No way!

I like fresh air. I like fresh air.

Never again! Never again! Never again!

One *will* hurt! One *will* hurt! One *will* hurt!

One *will* hurt! One *will* hurt! One *will* hurt!

Kissing a smoker is like licking an ashtray!

Kissing a smoker is like licking an ashtray!

I QUIT! I QUIT! I QUIT! I QUIT!

No way! No way! No way! No way!

I like fresh air. I like fresh air.

Never again! Never again! Never again!

One *will* hurt! One *will* hurt! One *will* hurt!

One *will* hurt! One *will* hurt! One *will* hurt!

Award Certificate

Presented to:

who has courageously and wisely QUIT SMOKING. This is a very major accomplishment, and worthy of great acclaim by all. The rewards to now be gained as a result of this great effort are good health, happiness, and long life.

Date: _____

Instructor: _____

Instructor: _____