



Common Elements of Practical Counseling

PRACTICAL COUNSELING	EXPLANATION & EXAMPLES
<p>1. Recognize danger situations or triggers: identify events, internal states, or activities that increase the risk of smoking or relapse.</p>	<p>Danger situations/warning signs/triggers to use tobacco:</p> <ul style="list-style-type: none"> • Events: Being around other smokers at work or socially, being in places where smoking is common, being at events that remind you of smoking. • Internal States: Feelings or moods that trigger a desire to use tobacco. Feeling very angry, feeling nervous/anxious, or feeling down.
<p>2. Develop coping skills to deal with these danger situations or triggers.</p> 	<p>There are two major types of coping skills that we develop: (a) cognitive, and (b) behavioral.</p> <ul style="list-style-type: none"> • Cognitive: things we think about instead of thinking about using tobacco. Examples: thinking about quitting, thinking about the benefit, thinking about another subject that distracts you, etc. • Behavioral: things we can do or actions we can take to avoid tobacco use. Examples: Drinking water, taking deep breaths, doing an activity that occupies your hands, etc.
<p>3. Understand the process of quitting.</p> 	<ul style="list-style-type: none"> • Developing a plan to quit that involves a quit date two weeks to 30 days in advance. • Cleaning out one's house, car, purse, etc. to remove tobacco products. • Understanding what medications might help with nicotine withdrawal and how to properly use them. • Being aware of how the addiction to nicotine works and why abstaining from tobacco use is important (not one puff ever). • Understanding the symptoms of withdrawal and how to deal with them.