WORKBOOK

The Quitine Circle

90-Day Quit Program

Your companion guide to quitting smoking or vaping
with structure, support, and tools that help it stick.



Part of Quitine Circle: Your free support community

MODULE 01

Understanding Your Nicotine Pattern

Capture personal baseline → sets up the personalization logic of Module 2, 3, and the 90-day plan.

Section 01: Your Current Nicotine Pattern

How do you currently use nicotine?

☐ Cigarettes ☐ Vaping ☐ Both

☐ Other (write in): _____

On a typical day:

Cigarettes per day: _____ **or** Vape puffs / pods / ml per day*: _____

***Estimate is fine. This is not the SAT.**

Section 02: When You Use It Most

Check all that apply:

☐ Morning / First thing ☐ With coffee ☐ Driving

☐ After meals ☐ Work streets ☐ Social situations

☐ Boredom ☐ Evenings ☐ Before bed

☐ Other (write in): _____

Section 03: What You Learned About How Nicotine Works

Three things from Module 1 that stood out to me:

1. _____

2. _____

3. _____

Section 04: Patch + Gum/Lozenge Cheat Sheet

Baseline Support = Patch

Provides steady nicotine support all day.

Step 1: 21mg
Step 2: 14mg
Step 3: 7mg

Breakthrough Cravings = Gum or Lozenge

Help when sudden cravings appear.

2mg: if first nicotine is more than 30 minutes after waking
4mg: if first nicotine is within 30 minutes of waking

Section 05: Before You Take the Quiz

I think my starting path might be (totally fine if this changes):

- [ ] Patch + Gum
- [ ] Patch + Lozenge
- [ ] Gum-only
- [ ] Lozenge-only
- [ ] Patch-only
- [ ] Not sure yet - I'll let the quiz decide

MODULE 02

My Trigger Map

When & Why I Reach for Nicotine

For the next 1–3 days, any time you smoke, vape, or feel a strong craving, pause for 10 seconds and fill in one row. **There is no "perfect" here.**
The goal is to notice patterns, not judge yourself.

Day 01

	Time	Where Am I?	What Am I doing?	Who Am I With?
i.e:	*7:30 am*	*Kitchen*	*Coffee, scrolling phone*	*Alone*
01)				
02)				
03)				
04)				
05)				

	What am I feeling? (emotion)	Did I use nicotine or just crave it?	Craving strength (1–10)
i.e:	*Tired, a bit anxious about work*	*Smoked 1 cigarette*	*8*
01)			
02)			
03)			
04)			
05)			

	Notes (what triggered it / what I did)
i.e:	*Automatic. Lit up without thinking. This is my "start the day" cigarette.*
01)	
02)	
03)	
04)	
05)	

Day 02

	Time	Where Am I?	What Am I doing?	Who Am I With?
01)				
02)				
03)				
04)				
05)				
06)				

	What am I feeling? (emotion)	Did I use nicotine or just crave it?	Craving strength (1–10)
01)			
02)			
03)			
04)			
05)			
06)			

	Notes (what triggered it / what I did)
01)	
02)	
03)	
04)	
05)	
06)	

Day 03

	Time	Where Am I?	What Am I doing?	Who Am I With?
01)				
02)				
03)				
04)				
05)				
06)				

	What am I feeling? (emotion)	Did I use nicotine or just crave it?	Craving strength (1–10)
01)			
02)			
03)			
04)			
05)			
06)			

	Notes (what triggered it / what I did)
01)	
02)	
03)	
04)	
05)	
06)	

My Why: Why I’m Quitting Smoking or Vaping

Take a few minutes to write honest, specific reasons. Don’t write what you “should” care about. Write what actually hits you.

Section 01: “I want to quit smoking/vaping so that...”

1. I want to quit so that...

2. I want to quit so that...

3. I want to quit so that...

4. I want to quit so that...

5. I want to quit so that...

Section 02: “If nothing changes…”

1. If I keep smoking or vaping the way I do now, one year from now I will probably…

Section 03: “If I follow through…”

1. If I follow through on my quit plan, one year from now my life could look like…

⭐ **Circle the 2–3 reasons that matter most to you right now.**
These are your “fight-for” Whys. Keep them somewhere you’ll see them when cravings hit.

My New Identity: Who I Am Becoming

Language matters. You're not just "trying to quit." You're becoming someone new. Use this page to define that version of you.

Section 01: Identity Prompts

1. I am someone who...

Example: I am someone who handles stress without needing a cigarette.

2. "When I'm stressed, instead of smoking or vaping, I..."

3. "When someone offers me a cigarette or vape, I say..."

4. "As a non-smoker/non-vaper, my mornings look like..."

5. "As a non-smoker/non-vaper, social events are..."

Section 02: My One-Sentence Identity Statement

Write one clear sentence you can repeat to yourself when cravings hit.

Example: I'm someone who doesn't smoke anymore. I use better tools and habits instead."

"I don't vape. I'm using this 90-day plan to get my freedom back."

1. My new identity statement:

MODULE 03

The Thought Distortion Detector

Cravings come with predictable thought disortions such as:

- Relief Illusion
- Permission Slip
- False Urgency
- Identity Echo
- Catastrophe Story

Write down examples of thought distortions you experienced this week.

Old Thought → New Thought Rewire Sheet

Language matters. You're not just "trying to quit." You're becoming someone new. Use this page to define that version of you.

Rewrite the Script: My Thought Rewire Plan

Old Thought (automatic)	New Thought (accurate/supportive)
I need a vape to calm down.	*This urge is a withdrawal. It will pass.*

My Personalized Rewire Script

1. When I feel a craving, the physical sensations I usually notice are...

2. The thoughts I usually hear in my mind are...

3. The distortion these thoughts belong to is...

4. My personalized Rewire Script:

My Top 3 Replacement Thoughts

Pick three new thoughts from Worksheet 3B that hit hardest. Rewrite them here and save them in your Notes app.

1. _____

_____

_____

2. _____

_____

_____

3. _____

_____

_____

MODULE 04

My Quiz Results

In Module 1, you completed the **Quit Quiz**, which recommended a personalized quit structure.

Record your results here so you have a clear reference.

Patch step: _____

Oral Support Type:

- [ ] Gum
- [ ] Lozenges

Strength:

- [ ] 2mg
- [ ] 4mg

Notes from my quiz results:

My Daily Support Plan

How will your quit tools fit into your daily routine?

Morning routine:

Typical trigger moments during the day:

1.

2.

3.

4.

5.

How I plan to use oral support during those moments:

My First 30 Days

The goal of the first month is **stability and habit change**.
Use this space to outline your focus for the first month.

My focus for the first week:

Triggers I expect to encounter:

Replacement actions I will practice:

Support tools I will use most often:

Adjusting My Plan

Quitting is a process, and small adjustments are normal.

If I feel strong irritability or restlessness, I will:

If cravings spike during specific triggers, I will:

If I slip and smoke or vape, I will:

What I learned from the moment:

My Commitment Statement

Write a short statement that reinforces your identity and commitment.

Example: “I am someone who doesn’t smoke or vape anymore. I use tools and support to stay on track.”

My statement:

MODULE 05

My Craving Log (10-Day Tracker)

10-Day Tracker

	Date	Time of craving	Intensity (1–10)	Type (physical / habit / emotional)
01)				
02)				
03)				
04)				
05)				
06)				
07)				
08)				
09)				
10)				

	What triggered it	Tool used	Did it pass? (yes/no)
01)			
02)			
03)			
04)			
05)			
06)			
07)			
08)			
09)			
10)			

10-Day Tracker

	Notes
01)	
02)	
03)	
04)	
05)	
06)	
07)	
08)	
09)	
10)	

Craving Are Like Waves

They rise. They peak. They pass.

Every craving follows a predictable pattern. Understanding what happens can help you respond with confidence instead of reacting automatically.

Trigger

A trigger starts the craving. Coffee. Driving. Stress. Finishing a meal. Seeing someone smoke or vape. **Remember:** a trigger is a signal, not a command.

Rising

The craving is building. You may notice restlessness, irritability, tension, trouble concentrating. Take a slow breath to help delay the urge.

Peak

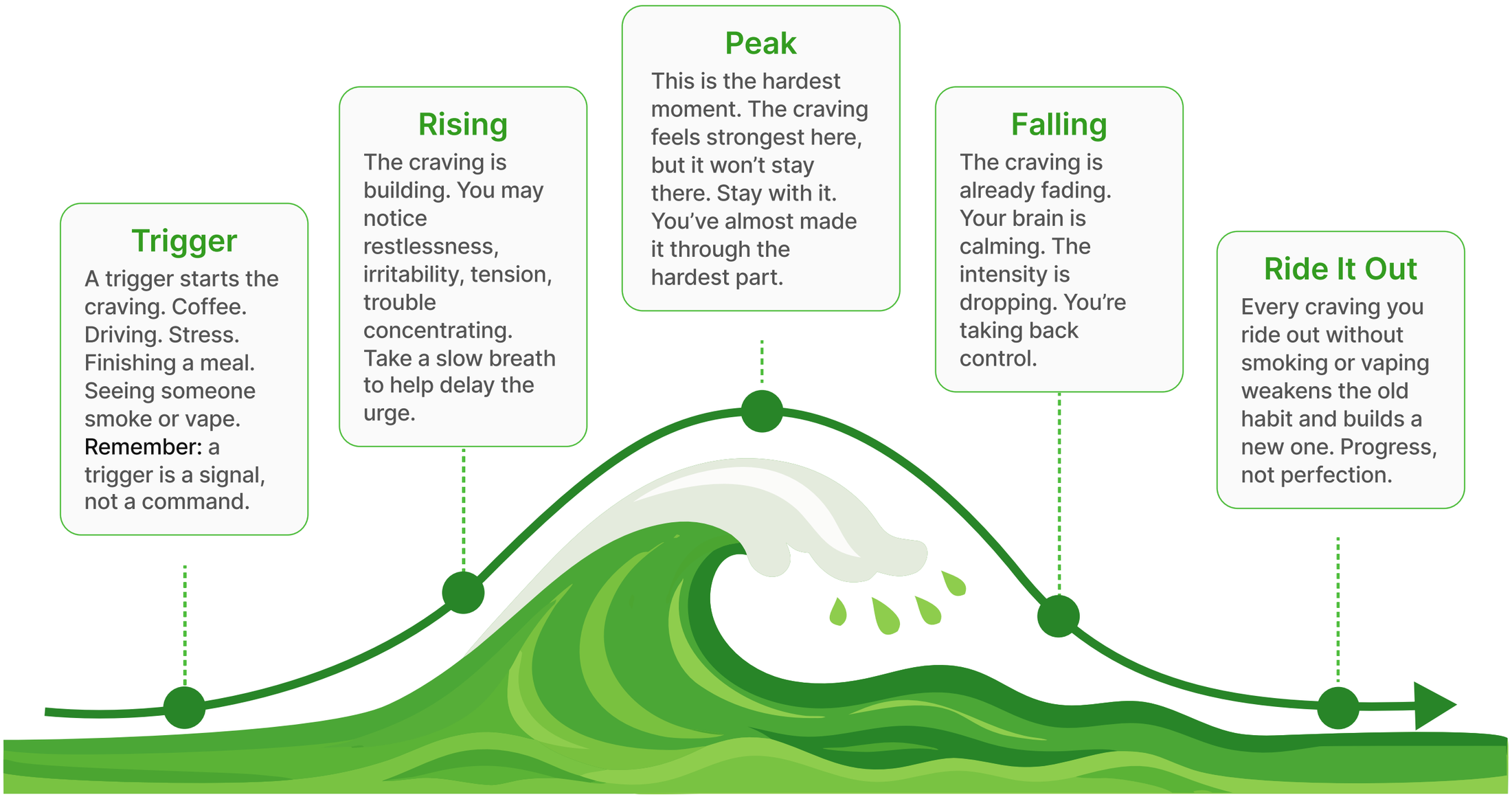
This is the hardest moment. The craving feels strongest here, but it won't stay there. Stay with it. You've almost made it through the hardest part.

Falling

The craving is already fading. Your brain is calming. The intensity is dropping. You're taking back control.

Ride It Out

Every craving you ride out without smoking or vaping weakens the old habit and builds a new one. Progress, not perfection.



Riding The Wave

Every craving follows the same basic pattern. It starts with a trigger, builds in intensity, reaches a peak, starts to fall, and then gradually fades away. Most people assume they have to make the craving disappear. You don't. You simply need to let it pass without smoking or vaping. Like waves in the ocean, cravings always rise... and they always fall. The more often you ride them out, the weaker they become over time (or maybe, it's because you are now stronger).

Quitine Reminders

- ✓ A craving is temporary.
- ✓ You don't have to act on every urge.
- ✓ Every craving you ride out strengthens your quit.
- ✓ Smoking or vaping reinforces the old habit.
- ✓ Riding out the craving helps build new habits.
- ✓ Progress is made one craving at a time.

Your Quitine Strategy

When a craving appears:

1. **Pause.** Notice what's triggering the craving.
2. **Breathe.** Take a few slow, deep breaths and remind yourself: "This feeling will pass."
3. **Trust your quit plan**. Your Quitine patch provides steady background nicotine support throughout the day. If a breakthrough craving still hits, use your Quitine gum or lozenge as directed for fast-acting relief.
4. **Ride the wave.** Don't feed the smoking or vaping craving. Let it rise. Let it peak. Let it pass.

My 3–Step Craving Plan

Fill-in-the-blank page:

When I feel a craving, I will:

1. Slow down by:

2. Support my body by:

3. Surf the wave using this thought:

My Trigger Toolkit

Fill-in-the-blank page:

Physical tools: List at least 3

Habit tools: List at least 3

Emotional tools: List at least 3

Emergency Reset Plan

“When I get hit with a sudden, intense craving, my 60-second emergency plan is:”

- [ ] Drink cold water
- [ ] Deep breath cycle
- [ ] 5–4–3–2–1 grounding
- [ ] Walk for 60 seconds
- [ ] Use oral NRT
- [ ] Rewire script

Emergency Reset Plan

1. What happened?

1. What did I feel?

1. What would have helped?

No shame language. No “failure” framing.
Just data → adjustment → progress.

MODULE 06

My High-Risk Routine Map

My High-Risk Routine Map

	Routine (coffee, driving, etc.)	Old Cue	Old Routine	Old Reward
01)				
02)				
03)				
04)				
05)				
06)				
07)				
08)				
09)				
10)				

	Replacement Cue	Replacement Routine	Replacement Reward
01)			
02)			
03)			
04)			
05)			
06)			
07)			
08)			
09)			
10)			

⭐ **Goal: rewrite each loop.**

Environmental Reset Checklist

Home:

- [ ] Remove smoking supplies
- [ ] Rearrange one major space
- [ ] Add NRT to key spots
- [ ] Prep reset corner

Car:

- [ ] Deep clean
- [ ] New scent
- [ ] Add NRT
- [ ] Change console layout

Work:

- [ ] Change break route
- [ ] Identify new “reset zone”
- [ ] Prep quick tools

Cue Exposure Plan

Pick three cues:

1. _____
2. _____
3. _____

For each:

- What I will do instead
- How long I will practice
- What I expect to feel
- What my success looks like

Social Trigger Strategy

- “Who in my life is a smoking trigger?”
- “What boundary do I need?”
- “What phrase will I use at events?”

When offered a cigarette, I will say:

Habit Replacement Menu

List examples for each category that you can use throughout your quit journey.

Sensory

Movement

Oral fixation

Grounding

Micro-tasks

Mini routines

NRT schedule

MODULE 07

Slip
Reflection Log

Slip Reflection Log

Prompts:

- When did the slip happen?
- What was the cue?
- What emotion was present?
- What routine did I follow?
- What reward was I seeking?
- What did this slip teach me?

Slip Recovery Protocol (SRP) Card

Notice

QuitineCard

Adjust

QuitineCard

Pause

QuitineCard

Analyze

QuitineCard

Recommit

QuitineCard

High-Risk Situation Map

List:

- People
- Activities
- Emotions
- Places
- Times of day

For each:

→ My plan → My boundary line

→ My tool → My backup option

Boundary Script Builder

Examples:

- “I don’t smoke anymore, please don’t offer.”
- “I’m working a plan and I need space.”
- “I’m focusing on my quit today.”

Write three custom scripts:

Recommitment Ritual

Define how you “reset” after a slip:

- Breathing
- Drinking water
- Posting in the Circle
- Updating your log
- Identifying next step

MODULE 08

Long-Term
Identity Statement

Long-Term Identity Statement

- “The person I am becoming…”

- “What smoking/vaping represented for me in the past…”

- “Why my current identity no longer fits smoking or vaping…”

- “My new non-smoker values are…”

Final line to complete:
I don’t smoke or vape because it no longer fits who I am.

Long-Term Trigger Anticipation Map

List:

- Travel
- Stress
- Anniversaries
- Alcohol
- Social situations
- Boredom

For each:

→ My strategy → My NRT plan

→ My backup plan → The identity I'll embody

Nicotine Path Choice

- [ ] Continue NRT (long-term harm reduction)
- [ ] Begin gentle taper
- [ ] Hybrid approach

- “Why this path aligns with my goals”

- “How I’ll maintain it”

- “What I’ll revisit in 30 days”

Life Incompatibility Builder

- “Activities I want to pursue that require a healthier lifestyle…”

- “Places where I feel most like the new version of me…”

- “Habits that make smoking feel outdated…”

Maintenance Rituals Checklist

- [ ] Use replacement routines
- [ ] Bring NRT with me
- [ ] Check in with Circle
- [ ] Track a small win
- [ ] Practice a boundary script
- [ ] Celebrate progress