



CBQ Method Starter Guide



CBQ
Method

Quit
Smoking

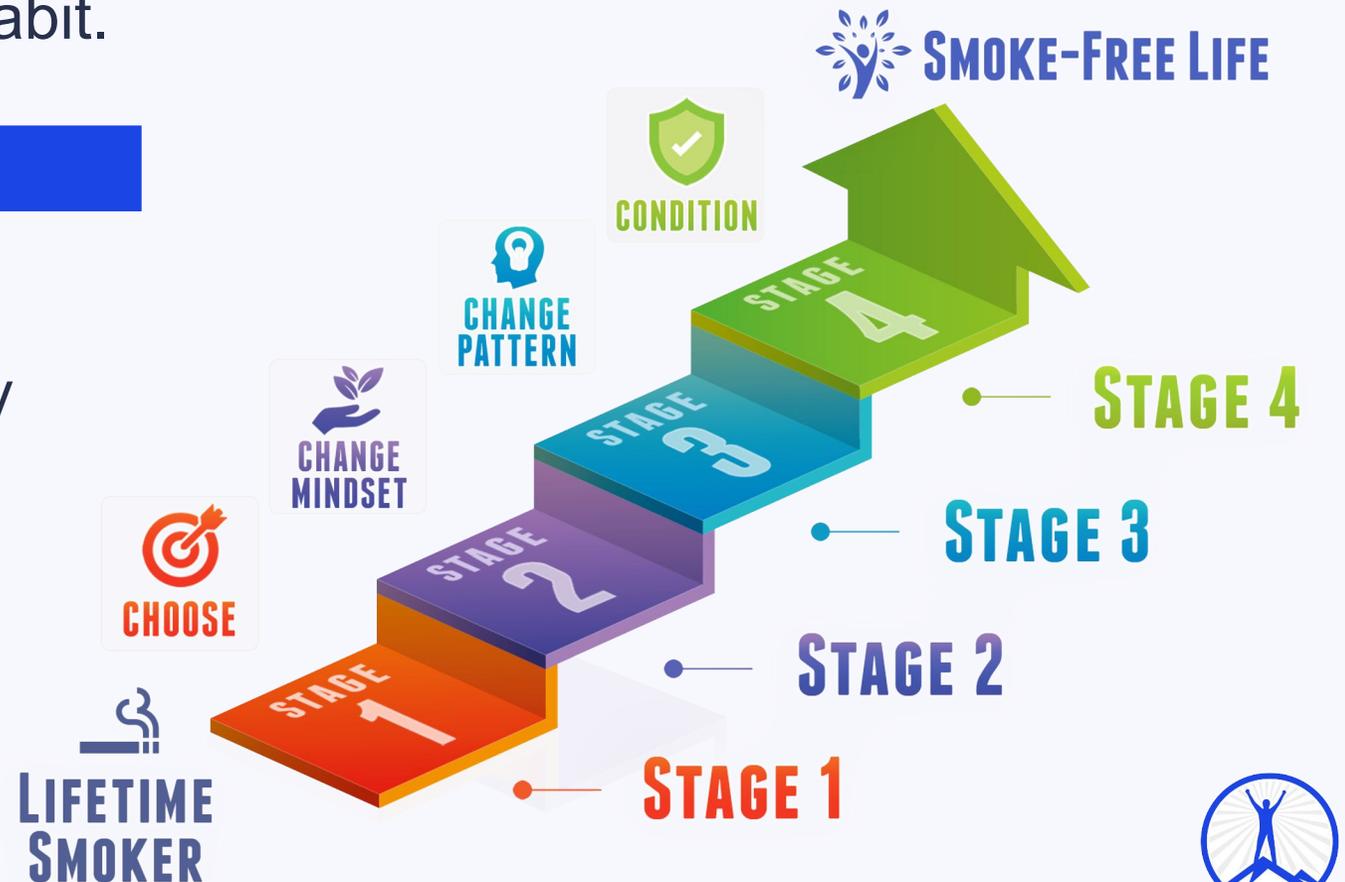
About the CBQ Method™

The CBQ Method (Cognitive Behavioral Quitting) helps you overcome the mental dependence on smoking by changing how you think and feel about smoking and breaking the habit.

Why it Works

It has 4 quit smoking stages that take you from a smoker to a happy non-smoker.

You can watch Nasia Davos' TED talk about the 4 stages [here](#).



Stage 1: Choose to Quit

During this stage you make a firm decision to stop smoking and improve your health and your life.

“It is in your moments of decision that your destiny is shaped.” –Tony Robbins

How to Make a Real Decision to Quit Smoking

- **Commit to quitting smoking.** Don't just wish or hope to succeed.
- **Find your reason why.** Your logical reasons (why you should quit) and emotional reasons (why you want to quit).
- **Understand your addiction.** You can't make a real decision to quit something you don't fully understand.



Stage 1: Choose to Quit

“Quitting smoking does not start by quitting smoking. It starts by preparing.”
- CBQ Method Principles

TIP: Create your motivation list

Make a list of the reasons you want to be a non-smoker and keep it handy so you can look at it when you need a motivation boost.



Stage 2: Change Your Mindset

During this stage, you change how you think about smoking, quitting smoking, and yourself. That way, you start seeing smoking *not as who you are* but as something you do.

How to Change Your Mindset



- **Change your smoker's identity.** Start thinking of yourself as a non-smoker instead of a smoker who's trying to quit.
- **Overcome the fear of quitting smoking.** Face and overcome the fears and emotional barriers that stop you from becoming a non-smoker.
- **Overcome your limiting beliefs about yourself and smoking.** Believe you're better off as a non-smoker, and that you *can* quit.



Stage 2: Change Your Mindset

“You don’t become what you want, you become what you believe.” - Oprah Winfrey

TIP: Make smoking an unpleasant experience

For example, every time you light up, think about all the reasons you don’t want to smoke. Or only allow yourself to smoke outside in the cold, while standing up, or anywhere that’s uncomfortable. This will help you make smoking less automatic and start seeing it as a behavior - not as part of who you are.



Stage 3: Change Your Smoking Pattern

During this stage you change your smoking behavior and break the habit.

How to Change Your Smoking Pattern

- The smoking behavior (lighting up a cigarette and smoking it) is just the tip of the iceberg. This is what everyone sees but there is so much more to it.
- Every cigarette you smoke is preceded by:
A trigger – A craving thought – How you feel about and while smoking.
- Most people try to stop themselves from smoking using willpower. But **the only way to quit easily is to deal the mental addiction** (triggers, craving thoughts, emotions) first.



Stage 3: Change Your Smoking Pattern

“Cravings are just positive thoughts about smoking that create positive feelings about smoking.”
- CBQ Method Principles

TIP: Change your routines

For example, if you always had a cigarette first thing in the morning, try doing some quick exercises or going for a short jog before breakfast. If you're used to smoking while you drive, hold a cinnamon stick while driving, do deep breathing, or mindfulness. Find a new routine that works for you.



Stage 4: Condition Your Smoke-Free Life

During this stage you learn how to protect your quit, adjust to your smoke-free life and remain a non-smoker.

How to Condition Your Smoke-Free Life

- **Replace smoking with a new healthy behavior.** According to Habit Reversal Therapy, the best way to stop an unwanted behavior is by replacing it with a new, helpful one.
- **Have a plan on how to prevent and manage a potential relapse.** When it comes to quitting smoking, preparation is everything. *Which situations can cause you or have caused you to relapse in the past? What could you do to prevent this from happening again?*



"Good habits
are as addictive
as bad habits,
and a lot more
rewarding."
-Harvey MacKay



Stage 4: Condition Your Smoke-Free Life

TIP: Choose a healthy behavior to replace smoking with

Decide on your replacement behavior and start practicing it **before your quit date**. It can be anything you like: deep breathing, reading, writing, knitting, floristry, walking.



How You Can Apply the CBQ Method

You can quit smoking with the CBQ Method by yourself or with our members program.

Resources We Offer

Newsletter & Emails (free): Because you requested the foundational video of the CBQ Method you will also start getting exercises, videos, blog posts, success stories, tips and invitations to our webinars.

Youtube Channel (free): Watch videos that educate, inspire and motivate you to become & remain a happy non-smoker. (And offer advice you won't find anywhere else.) [Subscribe here](#).

Facebook Group (free): The CBQ Method Facebook community is a group for everyone who wants to use the principles of the CBQ Method in their quit attempt and overcome the mental addiction. Join the private community [here](#).

Our Exclusive Members Program (paid): The CBQ Program helps you overcome the mental addiction and quit smoking with the CBQ Method. It's a transformational course for those who either want hands-on support or wish to dive deeper and apply the method with us step by step. Learn more [here](#).

