



THE 28-DAY NICOTINE RESET

A First Principles Guide to Breaking Tobacco Dependence

Workbook purpose

This course is designed to help you understand smoking from first principles, interrupt nicotine addiction loops, manage cravings, and build a smoke-free identity over 28 days.

IMPORTANT SAFETY NOTICE

Educational information only. Not a substitute for medical advice.

Nicotine dependence is a chronic relapsing condition involving both physical addiction and behavioural conditioning.

Seek urgent medical help if you experience:

- Chest pain
- Severe shortness of breath
- Fainting
- Irregular heartbeat
- Severe depression
- Suicidal thoughts
- Stroke symptoms including facial drooping or slurred speech

If you are pregnant, have heart disease, severe anxiety, epilepsy, or serious mental health conditions, speak to a healthcare professional before using stop-smoking medication.

KEY TO ABBREVIATIONS

Abbreviation	Meaning
NRT	Nicotine Replacement Therapy
CNS	Central Nervous System
COPD	Chronic Obstructive Pulmonary Disease
CO	Carbon Monoxide
BP	Blood Pressure
HR	Heart Rate
PAHs	Polycyclic Aromatic Hydrocarbons
TSNAs	Tobacco-Specific Nitrosamines

WHAT TOBACCO ACTUALLY IS

A cigarette is not simply tobacco wrapped in paper.

It is a chemical delivery device designed to deliver nicotine rapidly into the bloodstream, reach the brain within seconds, create dependency through repeated dopamine release, and maintain addiction through withdrawal relief.

When tobacco burns, it creates thousands of chemicals. Many damage DNA, restrict oxygen, injure blood vessels, increase inflammation, damage lung tissue, and affect brain chemistry.

Major chemicals found in tobacco and cigarette smoke

Chemical	Simple explanation
Nicotine	Creates addiction by stimulating dopamine release
Carbon Monoxide	Reduces oxygen carried in the blood
Tar	Sticky toxic residue that damages lungs
Formaldehyde	Damages tissues and DNA
Benzene	Linked to blood cancers including leukaemia
Arsenic	Toxic poison used in pesticides
Ammonia	Irritates lungs and increases nicotine absorption
Hydrogen Cyanide	Toxic gas that damages lung cleaning systems
Cadmium	Toxic metal linked to kidney and lung damage
Lead	Damages the brain and nervous system
Acetone	Chemical found in nail polish remover
Toluene	Industrial solvent affecting the brain
Methanol	Toxic alcohol used as industrial fuel
Butane	Flammable gas used in lighter fuel
Polonium-210	Radioactive substance
Acrolein	Damages lung tissue and blood vessels
Phenol	Irritates respiratory tissue
Naphthalene	Chemical found in mothballs
Vinyl Chloride	Industrial chemical linked to liver cancer
PAHs	Cancer-causing chemicals created during burning
TSNAs	Powerful cancer-causing compounds in tobacco

The First Principles Truth

Most smoking damage does not come from nicotine alone.

It comes from burning organic material and repeatedly inhaling the resulting toxic chemicals: tar, carbon monoxide, toxic gases, fine particles, and cancer-causing compounds.

WHAT NICOTINE ACTUALLY DOES

Nicotine is the main addictive substance in tobacco.

It reaches the brain within seconds, stimulates dopamine release, creates temporary alertness and relief, increases heart rate and blood pressure, and conditions the brain to repeat smoking behaviour.

Over time, the brain adapts by creating more nicotine receptors. This is why smokers often need repeated cigarettes just to feel normal.

WHY CIGARETTES FEEL CALMING

The cigarette does not truly remove stress.

It removes nicotine withdrawal temporarily.

That relief feels calming, but the cigarette created the withdrawal discomfort in the first place.

The addiction loop is simple:

- Nicotine drops
- Withdrawal begins
- Stress rises
- A cigarette relieves withdrawal
- The brain associates smoking with relief
- The cycle repeats

ALCOHOL AND SMOKING - WHY THIS MATTERS

For many people, alcohol and cigarettes became neurologically linked through repetition.

Over time, the brain begins treating them like a pair:

- drink = cigarette
- pub = cigarette
- stress + alcohol = cigarette
- socialising = cigarette

Alcohol lowers inhibition and weakens decision-making. This can intensify cravings and make 'just one' feel reasonable in the moment.

For the first 28 days, consider reducing alcohol, avoiding binge drinking, limiting pub environments, avoiding smoking areas, or trying temporary alcohol abstinence.

Recovery protection

Protecting recovery is strategy, not weakness.

BEFORE DAY 1 - ENVIRONMENT RESET

Throw away or remove:

- Cigarettes
- Lighters
- Ashtrays
- Hidden emergency packs
- Empty tobacco pouches
- Smoking jackets or trigger clothing

Wash bedding, coats, clothes, and car interiors where smoke smell is strong.

Your brain responds strongly to cues. Recovery starts with interruption.

WEEK 1 - The Withdrawal Wall

This week has a clear purpose. Read each day slowly, use the writing sections properly, and treat the workbook like a daily check-in.

DAY 1 - BREAKING THE LOOP

Intro

Today is not about perfection. It is about interruption.

Your brain has spent months or years building automatic smoking patterns: wake up, stress, coffee, break time, after food. Today you begin breaking those links.

You may feel nervous today. That is normal. Your brain is expecting nicotine. You are teaching it something new.

What's Happening Inside Your Body

Within hours, heart rate and blood pressure may begin improving, carbon monoxide starts dropping, and oxygen delivery starts improving.

Your body starts healing almost immediately.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Stress	_____
Anxiety	_____
Motivation	_____
Energy	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Delay Before Decision

When a craving hits, wait 10 minutes before making any decision.

Drink water, walk somewhere else, breathe slowly, then reassess.

Most cravings peak and fall within minutes.

Hints & Tips

- Keep water nearby constantly
- Stay out of your normal smoking spots
- Do not test yourself with 'just one'

- Keep your hands occupied
- Move physically during cravings

Today's Win

Write this down:

Every cigarette not smoked today weakens the addiction pathway.

Journal Prompt

When do I smoke most automatically?

Tomorrow I Will

DAY 2 - THE BRAIN WANTS NICOTINE

Intro

Today can feel emotionally uncomfortable.

This is not because your body is failing. It is because your brain adapted to repeated nicotine stimulation.

You may notice irritability, frustration, restlessness, low mood, or a strange empty feeling. This is temporary.

What's Happening Inside Your Body

Nicotine levels are dropping sharply now.

Your nervous system is beginning to rebalance without constant nicotine input. Your circulation continues improving.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Irritability	_____
Stress	_____
Motivation	_____
Energy	_____
Focus	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Urge Surfing

Imagine the craving like a wave. It rises, peaks, and falls.

Do not fight it. Observe it. The wave always passes.

Hints & Tips

- Cravings are not emergencies
- Eat regular meals today
- Avoid excess caffeine
- Rest if needed
- Be patient with yourself

Today's Win

Write this down:

The brain only heals when nicotine stops entering the system. Today is repair work.

Journal Prompt

What emotion feels hardest today?

Tomorrow I Will

DAY 3 - THE DOPAMINE DIP

Intro

Today can feel flat.

Many people describe boredom, low motivation, emotional numbness, or lack of enjoyment.

Nicotine artificially boosted dopamine repeatedly. Your brain is now relearning natural reward.

What's Happening Inside Your Body

Carbon monoxide levels continue dropping. Oxygen circulation improves further.

Your senses of smell and taste may begin sharpening slightly.

Mood Check

Feeling	Rate 1-10
Boredom	_____
Cravings	_____
Motivation	_____
Mood	_____
Anxiety	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Move Before Motivation

Do not wait to feel like it. Move first.

Walk, stretch, exercise, clean, or shower. Action creates momentum.

Hints & Tips

- Fresh air helps
- Tiny tasks create progress
- Avoid sitting still too long
- Low motivation is temporary
- Keep hydrated

Today's Win

Write this down:

Your dopamine system is beginning to reset naturally.

Journal Prompt

What healthy activities used to make me feel good before smoking became normal?

Tomorrow I Will

DAY 4 - THE STRESS ILLUSION

Intro

Today is important because you begin seeing smoking more clearly.

The cigarette never truly removed stress. It removed nicotine withdrawal temporarily.

That temporary relief trained your brain to believe smoking equals calm.

What's Happening Inside Your Body

Blood oxygen levels continue improving. Heart strain begins reducing.

Your body is slowly moving away from constant chemical stress.

Mood Check

Feeling	Rate 1-10
Stress	_____
Cravings	_____
Calmness	_____
Irritability	_____
Focus	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

4-5-6 Breathing

Inhale for 4 seconds. Hold for 5 seconds. Exhale for 6 seconds.

Repeat 5 times. This calms the nervous system naturally.

Hints & Tips

- Slow breathing lowers stress chemistry
- Avoid doom scrolling
- Stress peaks pass faster than you think
- Keep routines simple today
- One craving does not mean failure

Today's Win

Write this down:

You are learning to regulate stress without nicotine.

Journal Prompt

What situations do I still strongly connect with smoking?

Tomorrow I Will

DAY 5 - YOUR BODY IS FIGHTING FOR YOU

Intro

Even if your brain still feels messy, your body is already working hard to repair itself.

Most healing happens quietly. You may not notice every improvement immediately.

Internally, circulation, oxygen levels, inflammation, and toxic gas levels are changing.

What's Happening Inside Your Body

Carbon monoxide levels are now dramatically lower. Your blood carries oxygen more effectively.

Your lungs are beginning the clean-up process.

Mood Check

Feeling	Rate 1-10
Energy	_____
Cravings	_____
Mood	_____
Sleep	_____
Stress	_____
Hopefulness	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Water Flush

Drink water regularly throughout the day.

Hydration can help headaches, fatigue, concentration, and cravings.

Hints & Tips

- Carry a water bottle everywhere
- Warm drinks can reduce cravings
- Rest if your body feels tired
- Small improvements matter
- Healing is happening even when invisible

Today's Win

Write this down:

Your body is already healthier than it was five days ago.

Journal Prompt

What positive changes have I noticed so far?

Tomorrow I Will

DAY 6 - REBUILDING IDENTITY

Intro

Today is less about cigarettes. It is about identity.

Many smokers unconsciously think smoking is part of who they are. That belief keeps addiction alive.

You are not trying to quit. You are becoming someone who no longer smokes.

What's Happening Inside Your Body

Nicotine receptors are beginning to reduce slightly.

Your nervous system is adapting to functioning without constant nicotine stimulation.

Mood Check

Feeling	Rate 1-10
Confidence	_____
Cravings	_____
Motivation	_____
Stress	_____
Self-belief	_____
Energy	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Identity Language

Stop saying: I am trying to quit.

Start saying: I do not smoke anymore.

The brain responds strongly to identity statements.

Hints & Tips

- Avoid negative self-talk
- Progress matters more than perfection
- Speak to yourself properly
- You are building something new
- Confidence grows through repetition

Today's Win

Write this down:

Every smoke-free day strengthens your new identity.

Journal Prompt

Who do I want to become over the next year?

Tomorrow I Will

DAY 7 - THE FIRST WEEK WALL

Intro

One week is a major milestone.

This is often where motivation dips. Not because recovery is failing, but because the excitement fades and the reality of change begins.

This is where systems become more important than motivation.

What's Happening Inside Your Body

Your circulation is improving. Breathing may already feel slightly easier.

Nicotine levels are far lower than Day 1. Your brain is adapting.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Confidence	_____
Motivation	_____
Stress	_____
Energy	_____
Pride	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Emergency Craving Plan

Write your personal emergency list: walk, shower, music, gum, call someone, exercise, breathing exercise.

Use it immediately when cravings spike.

Hints & Tips

- One week is massive progress
- Difficult days do not erase progress
- Cravings often come in short waves now
- Avoid reward cigarettes
- Protect your momentum

Today's Win

Write this down:

You have already done something millions struggle to do. One full week changes the brain.

Journal Prompt

What has been the hardest trigger this week?

Tomorrow I Will

WEEK 1 REFLECTION - The Withdrawal Wall

Use this page to pause, notice what has changed, and prepare for the next stage.

Hardest moment this week	
Strongest trigger this week	
Biggest physical improvement	
Biggest mental or emotional improvement	
What I need to protect next week	

Extra notes

WEEK 2 - Rewiring The Behaviour

This week has a clear purpose. Read each day slowly, use the writing sections properly, and treat the workbook like a daily check-in.

DAY 8 - THE HABIT GHOST

Intro

By now, some physical withdrawal symptoms may be easing slightly. But the behavioural side of smoking can feel louder.

You may suddenly want a cigarette during coffee, driving, work breaks, stress, boredom, or after eating.

This is because smoking became attached to routines.

What's Happening Inside Your Body

Oxygen circulation continues improving. Carbon monoxide remains low.

Lung irritation is slowly reducing and nicotine receptors are beginning to reduce.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Stress	_____
Focus	_____
Energy	_____
Motivation	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Pattern Interrupt

The second a craving starts: stand up, move rooms, drink water, change activity.

Movement interrupts automatic behaviour loops.

Hints & Tips

- Avoid sitting in old smoking spots
- Fresh air reduces cravings
- Keep your hands occupied
- Small routine changes help massively
- Cravings lose power when ignored repeatedly

Today's Win

Write this down:

Every interrupted habit weakens the addiction system.

Journal Prompt

Which routine feels most connected to smoking?

Tomorrow I Will

DAY 9 - THE CONCENTRATION DIP

Intro

Today your concentration may still feel strange.

Many people notice forgetfulness, poor focus, frustration, or mental fatigue.

Nicotine artificially stimulated attention systems. Your brain is recalibrating naturally.

What's Happening Inside Your Body

Blood flow to the brain continues improving.

Nicotine dependency pathways are weakening gradually.

Mood Check

Feeling	Rate 1-10
Focus	_____
Cravings	_____
Stress	_____
Mental clarity	_____
Motivation	_____
Patience	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Focus Blocks

Work in 25-minute focus blocks followed by 5-minute movement breaks.

Your brain works better in shorter focused periods during recovery.

Hints & Tips

- Do not overload yourself mentally today
- Write things down if needed
- Brain fog is temporary
- Hydration improves concentration
- Sleep matters more right now

Today's Win

Write this down:

Your brain is relearning how to focus without nicotine stimulation.

Journal Prompt

What situations make me most mentally drained?

Tomorrow I Will

DAY 10 - APPETITE AND DOPAMINE

Intro

Many people worry about increased hunger after quitting. This is normal.

Nicotine suppresses appetite and affects dopamine signalling.

Your brain may temporarily search for replacement rewards through food. The goal is awareness, not perfection.

What's Happening Inside Your Body

Taste and smell may feel stronger. Appetite hormones are rebalancing.

Blood oxygen and circulation continue improving.

Mood Check

Feeling	Rate 1-10
Hunger	_____
Cravings	_____
Mood	_____
Energy	_____
Stress	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Protein First

Prioritise protein today: eggs, chicken, fish, yogurt, nuts, beans, or other filling foods.

Protein stabilises blood sugar and can reduce cravings.

Hints & Tips

- Drink water before snacking
- Keep healthy snacks nearby
- Avoid replacing cigarettes with sugar constantly
- Hunger is not failure
- Your metabolism is adjusting

Today's Win

Write this down:

Your body is relearning natural reward systems.

Journal Prompt

What foods or drinks trigger smoking thoughts?

Tomorrow I Will

DAY 11 - SOCIAL PRESSURE

Intro

Smoking often becomes tied to people and environments.

Today you may notice smoking memories, social cravings, fear of missing out, or anxiety around smokers.

This is behavioural conditioning, not weakness.

What's Happening Inside Your Body

Your lungs continue recovering from smoke exposure.

Blood vessels remain under less stress than before.

Mood Check

Feeling	Rate 1-10
Confidence	_____
Cravings	_____
Social anxiety	_____
Stress	_____
Motivation	_____
Calmness	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Pre-Planned Responses

Practise simple replies: I do not smoke anymore. I am good thanks. I have stopped.

Short answers reduce mental negotiation.

Hints & Tips

- Avoid high-risk situations if needed
- Real friends will support your recovery
- Do not romanticise smoking groups
- Bring gum or a drink with you
- Confidence grows through repetition

Today's Win

Write this down:

Every social situation handled smoke-free rewires your brain.

Journal Prompt

Who supports my recovery most right now?

Tomorrow I Will

DAY 12 - ENERGY RETURNS

Intro

Some people begin noticing small energy improvements around now.

You may notice easier breathing, more stamina, waking easier, or reduced chest tightness.

These improvements can still come and go. Healing is not perfectly linear.

What's Happening Inside Your Body

Circulation and oxygen delivery continue improving.

Lung irritation slowly decreases and carbon monoxide remains low.

Mood Check

Feeling	Rate 1-10
Energy	_____
Cravings	_____
Mood	_____
Sleep	_____
Stress	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Movement Upgrade

Add slightly more movement today: walking, stretching, gym, cycling, or a short home workout.

Movement speeds up nervous system recovery.

Hints & Tips

- Recovery loves movement
- Start small if needed
- Fresh air genuinely helps
- Exercise reduces cravings
- Notice physical improvements

Today's Win

Write this down:

Your body is proving it wants recovery.

Journal Prompt

What physical improvements have surprised me so far?

Tomorrow I Will

DAY 13 - THE MEMORY TRAP

Intro

Today your brain may suddenly remember cigarettes positively.

This is selective memory. The brain remembers relief, comfort, and routine while forgetting coughing, cost, smell, dependency, anxiety, and withdrawal.

Addiction edits memory.

What's Happening Inside Your Body

Nicotine receptors continue reducing gradually.

Your nervous system is becoming less chemically dependent.

Mood Check

Feeling	Rate 1-10
Nostalgia	_____
Cravings	_____
Stress	_____
Confidence	_____
Mood	_____
Focus	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Reality List

Write two lists: what smoking gave me and what smoking took from me.

Be honest. See the full picture.

Hints & Tips

- Addiction romanticises selectively
- Remember the full picture
- One cigarette reactivates pathways fast
- Protect your progress
- Cravings are temporary memories

Today's Win

Write this down:

Seeing addiction clearly is real progress.

Journal Prompt

What did smoking truly cost me?

Tomorrow I Will

DAY 14 - TWO WEEKS FREE

Intro

Two weeks is a major milestone.

Your brain and body are already very different from Day 1.

Physical nicotine dependency is dropping heavily now. What remains strongest are routines, emotional triggers, and environmental cues.

What's Happening Inside Your Body

Circulation is improving significantly. Lung recovery continues.

Oxygen levels remain healthier and heart strain has reduced compared to smoking.

Mood Check

Feeling	Rate 1-10
Confidence	_____
Cravings	_____
Motivation	_____
Energy	_____
Stress	_____
Pride	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Trigger Mapping

List your top smoking triggers and write one response beside each.

Example: Stress = breathing exercise. Coffee = short walk. After meals = gum.

Hints & Tips

- Two weeks is huge progress
- Cravings are becoming more behavioural now
- Protect your routines carefully
- Keep momentum going
- You are proving this is possible

Today's Win

Write this down:

Two weeks smoke-free changes the brain more than most people realise.

Journal Prompt

What still feels hardest after two weeks?

Tomorrow I Will

WEEK 2 REFLECTION - Rewiring The Behaviour

Use this page to pause, notice what has changed, and prepare for the next stage.

Hardest moment this week	
Strongest trigger this week	
Biggest physical improvement	
Biggest mental or emotional improvement	
What I need to protect next week	

Extra notes

WEEK 3 - Building Resilience

This week has a clear purpose. Read each day slowly, use the writing sections properly, and treat the workbook like a daily check-in.

DAY 15 - THE BOREDOM PHASE

Intro

Today may feel emotionally flat. That does not mean quitting is making life worse.

Your dopamine system is still recalibrating. Normal life can feel quieter after repeated nicotine spikes.

This is a phase, not your future.

What's Happening Inside Your Body

Your brain is slowly re-sensitising to normal rewards.

Your body remains under less chemical stress than when you smoked.

Mood Check

Feeling	Rate 1-10
Boredom	_____
Cravings	_____
Mood	_____
Energy	_____
Motivation	_____
Hope	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Controlled Reward

Plan one healthy reward today: a film, good meal, walk, gym session, music, hobby, or time outside.

The brain needs safe reward while it rebuilds.

Hints & Tips

- Boredom often hides healing
- Do not chase chaos
- Keep your day structured
- Small rewards count
- Normal pleasure returns gradually

Today's Win

Write this down:

You are teaching your brain that reward can exist without nicotine.

Journal Prompt

What healthy rewards can I use without replacing smoking with another harmful habit?

Tomorrow I Will

DAY 16 - STRESS WITHOUT SMOKING

Intro

Today is about proving that stress can pass without nicotine.

Smoking never solved stress. It temporarily relieved withdrawal and created a false sense of calm.

You are learning a cleaner way to regulate pressure.

What's Happening Inside Your Body

Your nervous system is becoming less dependent on nicotine spikes.

Heart strain and oxygen stress remain reduced compared to smoking.

Mood Check

Feeling	Rate 1-10
Stress	_____
Cravings	_____
Calmness	_____
Anxiety	_____
Confidence	_____
Focus	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Pause Before Reaction

When stressed, stop before reacting. Take three slow breaths. Drink water. Move your body. Then decide.

This creates a gap between feeling and behaviour.

Hints & Tips

- Stress is not a command
- Cravings during stress are learned patterns
- Movement burns off tension
- Sleep reduces stress cravings
- Keep today simple

Today's Win

Write this down:

Every stressful moment handled smoke-free builds real resilience.

Journal Prompt

How do I normally react to stress automatically?

Tomorrow I Will

DAY 17 - THE MONEY REALITY

Intro

Smoking burns money slowly enough that the brain normalises it.

Today is about seeing the true financial impact clearly.

This is not about shame. It is about reclaiming control.

What's Happening Inside Your Body

Your body continues gaining health benefits from being smoke-free.

The financial recovery now becomes visible too.

Mood Check

Feeling	Rate 1-10
Motivation	_____
Cravings	_____
Confidence	_____
Stress	_____
Pride	_____
Focus	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Visible Savings

Calculate your daily, weekly, monthly, and yearly smoking cost.

Move or record the money saved somewhere visible.

Hints & Tips

- Make savings visible
- Use saved money as proof of progress
- Do not minimise small amounts
- Track what you regain
- Money saved is freedom gained

Today's Win

Write this down:

Every day smoke-free gives money back to your life.

Journal Prompt

What could I use this saved money for that actually improves my life?

Tomorrow I Will

DAY 18 - REBUILDING CONFIDENCE

Intro

Confidence does not arrive before change. It grows after evidence.

Every craving survived gives your brain proof that you can handle discomfort.

You are rebuilding trust in yourself.

What's Happening Inside Your Body

Nicotine dependency pathways continue weakening.

Your body is functioning more naturally without repeated smoke exposure.

Mood Check

Feeling	Rate 1-10
Confidence	_____
Cravings	_____
Self-belief	_____
Stress	_____
Energy	_____
Mood	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Evidence List

Write down every difficult moment you have survived smoke-free.

Evidence beats doubt.

Hints & Tips

- Confidence is built, not wished for
- Track your wins
- Hard moments count most
- Do not dismiss progress
- You are proving yourself daily

Today's Win

Write this down:

You have more evidence than you think.

Journal Prompt

What have I handled smoke-free that I once thought I could not?

Tomorrow I Will

DAY 19 - THE JUST ONE TRAP

Intro

Most relapses begin with emotional negotiation.

The brain says: just one, you deserve it, it will not matter, you have proved you can stop.

That is the addiction pathway trying to reopen.

What's Happening Inside Your Body

Your body is still repairing. One cigarette can quickly reactivate old learning pathways.

Protect the progress you have earned.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Confidence	_____
Overconfidence	_____
Stress	_____
Motivation	_____
Focus	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Future Projection

Imagine smoking again daily. Imagine repeating withdrawal. Imagine starting over.

Now compare that with staying free today.

Hints & Tips

- Just one is rarely just one
- Do not test yourself
- Cravings lie in the moment
- Protect momentum
- The urge will pass

Today's Win

Write this down:

Saying no to just one protects the whole reset.

Journal Prompt

What does my addiction voice usually say when it tries to negotiate?

Tomorrow I Will

DAY 20 - THE BRAIN IS ADAPTING

Intro

Cravings may now feel shorter or less intense. They may also appear suddenly without warning.

That does not mean you are going backwards.

It means old pathways are firing, but they are weaker than before.

What's Happening Inside Your Body

Nicotine receptors continue reducing. The nervous system is adapting to a new baseline.

Your lungs, circulation, and oxygen delivery continue recovering.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Energy	_____
Mood	_____
Confidence	_____
Calmness	_____
Motivation	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Gratitude Scan

List three physical improvements, three mental improvements, and three reasons to continue.

Gratitude helps the brain notice reward without nicotine.

Hints & Tips

- Notice tiny improvements
- Cravings can still appear randomly
- Do not panic at sudden urges
- Repeat what works
- Progress is cumulative

Today's Win

Write this down:

Your brain is adapting even when you cannot see it.

Journal Prompt

What improvements would I miss if I went back to smoking?

Tomorrow I Will

DAY 21 - THREE WEEKS FREE

Intro

Three weeks smoke-free is a serious milestone.

Your body, routines, and brain chemistry are now functioning differently from Day 1.

Recovery is not finished, but you have already changed the pattern.

What's Happening Inside Your Body

Your body is operating with far less smoke-related strain.

Your brain has had three weeks of learning that nicotine is no longer required.

Mood Check

Feeling	Rate 1-10
Pride	_____
Cravings	_____
Confidence	_____
Energy	_____
Stress	_____
Hope	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Recommitment Statement

Write why staying smoke-free matters now.

Do not write what sounds impressive. Write what is true.

Hints & Tips

- Three weeks is strong evidence
- Protect your routines
- Stay alert around triggers
- Celebrate without smoking
- Keep going

Today's Win

Write this down:

You are no longer at the starting line.

Journal Prompt

What has changed most in the last three weeks?

Tomorrow I Will

WEEK 3 REFLECTION - Building Resilience

Use this page to pause, notice what has changed, and prepare for the next stage.

Hardest moment this week	
Strongest trigger this week	
Biggest physical improvement	
Biggest mental or emotional improvement	
What I need to protect next week	

Extra notes

WEEK 4 - Protecting The New Identity

This week has a clear purpose. Read each day slowly, use the writing sections properly, and treat the workbook like a daily check-in.

DAY 22 - THE ALCOHOL LINK

Intro

Today focuses on one of the strongest smoking triggers for many people: alcohol.

For years, your brain may have linked pubs, nights out, socialising, stress drinking, and celebrations with cigarettes.

Alcohol lowers inhibition. That makes cravings harder to resist.

What's Happening Inside Your Body

Your nervous system is becoming more stable without repeated nicotine stimulation.

Sleep quality, circulation, and oxygen delivery continue improving compared to regular smoking.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Social pressure	_____
Stress	_____
Confidence	_____
Motivation	_____
Calmness	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Protect The Environment

If cravings feel risky, reduce alcohol temporarily, avoid smoking areas, stay around supportive people, and leave environments early if needed.

Recovery protection is intelligence, not weakness.

Hints & Tips

- Alcohol weakens impulse control quickly
- Smoking cravings can reactivate suddenly while drinking
- Have a non-alcoholic option ready
- Gum and movement help socially
- Plan ahead before nights out

Today's Win

Write this down:

Every social situation handled smoke-free rewires the brain further.

Journal Prompt

How strongly are alcohol and smoking linked in my life?

Tomorrow I Will

DAY 23 - BREAKING THE PHYSICAL ROUTINE

Intro

By now, many cravings are less chemical and more behavioural.

Your body may still expect reaching into pockets, holding something, stepping outside, or inhaling deeply.

The body remembers routines through repetition.

What's Happening Inside Your Body

Nicotine dependency pathways continue weakening.

Your circulation and oxygen delivery remain healthier than when smoking regularly.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Restlessness	_____
Focus	_____
Stress	_____
Energy	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Behaviour Replacement

Keep nearby: water bottle, healthy snacks, chewing gum, stress ball, or toothpicks.

Replacement behaviours reduce automatic movement patterns.

Hints & Tips

- Keep hands busy during stress
- Change routines where possible
- Walk during cravings
- Fresh air genuinely helps
- Tiny changes weaken habits

Today's Win

Write this down:

You are teaching your body new routines.

Journal Prompt

Which smoking movements or rituals do I still notice most?

Tomorrow I Will

DAY 24 - CALM WITHOUT NICOTINE

Intro

Smoking repeatedly stimulated your nervous system.

Nicotine increased adrenaline, heart rate, blood pressure, and nervous system activation.

Now your nervous system is learning to regulate itself naturally again.

What's Happening Inside Your Body

Stress chemistry is becoming more stable. Heart strain continues reducing.

Blood pressure may improve and sleep quality may continue improving.

Mood Check

Feeling	Rate 1-10
Stress	_____
Anxiety	_____
Calmness	_____
Energy	_____
Cravings	_____
Sleep quality	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Nervous System Reset Walk

Take a 10-minute walk with no phone, no music, and no distractions.

Just movement and breathing.

Hints & Tips

- Calm can feel unfamiliar initially
- Slow breathing helps more than people realise
- Protect your sleep
- Avoid overstimulation before bed
- Recovery requires patience

Today's Win

Write this down:

Your nervous system is relearning balance naturally.

Journal Prompt

What situations make my stress rise fastest?

Tomorrow I Will

DAY 25 - THE LUNG RECOVERY STAGE

Intro

Your lungs are still actively repairing.

Tiny structures called cilia help remove mucus, dirt, and toxins. Smoking damages them heavily.

After quitting, they slowly recover. Coughing or mucus changes can temporarily happen during recovery.

What's Happening Inside Your Body

Lung cleaning systems continue repairing. Oxygen delivery remains improved.

Inflammation continues reducing and circulation remains healthier.

Mood Check

Feeling	Rate 1-10
Breathing	_____
Energy	_____
Cravings	_____
Mood	_____
Stress	_____
Confidence	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Deep Breathing Reset

Take five deep breaths several times today.

This helps lung expansion, nervous system calming, and body awareness.

Hints & Tips

- Temporary coughing can be part of healing
- Hydration helps the lungs
- Fresh air supports recovery
- Notice physical improvements
- Recovery compounds daily

Today's Win

Write this down:

Your lungs are healthier today than they were four weeks ago.

Journal Prompt

What physical improvements matter most to me?

Tomorrow I Will

DAY 26 - THE IDENTITY SHIFT

Intro

Something important is happening psychologically now.

You are moving away from: I am trying to quit. You are moving toward: I do not smoke anymore.

That identity shift changes behaviour because identity drives decisions.

What's Happening Inside Your Body

Nicotine dependency pathways continue weakening.

Your brain is adapting to functioning without nicotine stimulation.

Mood Check

Feeling	Rate 1-10
Confidence	_____
Cravings	_____
Motivation	_____
Self-belief	_____
Stress	_____
Pride	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Future Self Exercise

Describe yourself six months smoke-free and one year smoke-free.

How do you feel, breathe, think, and live?

Hints & Tips

- Confidence grows through repetition
- Recovery builds momentum
- Speak to yourself properly
- Your future is changing already
- Protect the progress you earned

Today's Win

Write this down:

You are building a completely different future.

Journal Prompt

What would future me thank me for?

Tomorrow I Will

DAY 27 - RELAPSE PREVENTION

Intro

Relapse rarely happens randomly.

It often begins with stress, alcohol, nostalgia, overconfidence, emotional exhaustion, or just one thinking.

Understanding your patterns is protection.

What's Happening Inside Your Body

Cravings are now more behavioural than chemical for most people.

Your nervous system is becoming increasingly stable without nicotine.

Mood Check

Feeling	Rate 1-10
Cravings	_____
Confidence	_____
Stress	_____
Motivation	_____
Self-control	_____
Calmness	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

Emergency Recovery Plan

If you slip: stop immediately, identify the trigger, restart immediately, and avoid shame spirals.

One cigarette is a warning sign, not total failure.

Hints & Tips

- Shame feeds relapse
- Awareness prevents relapse
- Protect routines carefully
- Avoid testing yourself
- Recovery is still progress after slips

Today's Win

Write this down:

You understand your addiction more clearly now than when you started.

Journal Prompt

What situations could still put me at risk?

Tomorrow I Will

DAY 28 - THE BREAKTHROUGH

Intro

Today marks one of the most important milestones in smoking recovery.

For 28 days, you interrupted addiction pathways, rewired routines, survived cravings, rebuilt discipline, and taught your brain new behaviours.

That changes the nervous system, even if recovery is not perfect.

What's Happening Inside Your Body

Compared to Day 1, circulation is healthier, oxygen delivery is improved, nicotine dependency is lower, lung recovery has begun, and heart strain is reduced.

Healing is happening.

Mood Check

Feeling	Rate 1-10
Pride	_____
Confidence	_____
Energy	_____
Motivation	_____
Cravings	_____
Hopefulness	_____

Craving Tracker

Time	Trigger	What I Did Instead

Tactical Tool

The Non-Smoker Commitment

Write why you quit, what you gained, and what you refuse to lose.

Sign and date it.

Hints & Tips

- Recovery continues beyond 28 days
- Protect your routines carefully
- Never underestimate just one
- Momentum matters
- You are stronger than Day 1

Today's Win

Write this down:

You have already changed your brain and body more than you realise.

Journal Prompt

What changed most physically, mentally, and emotionally?

Tomorrow I Will

FINAL REFLECTION

Use this page to close the 28-day reset and plan what happens next.

Why I quit	
What I gained	
What I refuse to lose	
The trigger I must keep respecting	
My next 28-day commitment	

Signature

Date: _____

USEFUL SOURCES OF SUPPORT AND INFORMATION

Source	Link	Use
NHS - Better Health Quit Smoking	https://www.nhs.uk/better-health/quit-smoking/	UK stop-smoking information, quitting support, and links to local services.
NHS Stop Smoking Services	https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/	Information on local stop-smoking advisers and NHS support.
ASH - Action on Smoking and Health	https://ash.org.uk	UK tobacco facts, policy resources, and smoking health information.
ASH - Smoking: What You Need To Know	https://ash.org.uk/key-topics/smoking-what-you-need-to-know	Plain-English information on smoking harms and tobacco dependence.
Cancer Research UK - What's In A Cigarette?	https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/whats-in-a-cigarette	Information on cigarette smoke chemicals and cancer risk.
CDC - Benefits of Quitting Smoking	https://www.cdc.gov/tobacco/about/benefits-of-quitting.html	Evidence-based overview of health benefits after quitting.
Smokefree.gov	https://smokefree.gov	Practical quit-smoking tools, craving support, and quitting plans.
Local GP or Pharmacy	Speak to your GP or pharmacist.	Ask about nicotine replacement therapy, varenicline, cytisine, bupropion, and local stop-smoking support.