



Submarine Service Nicotine Dependency Recovery Qualification Guide

Name _____ Rate _____ Years Smoked _____ Amount Smoked _____

Quit Date _____ First Challenge Free Day _____ Date Qualified _____

I. PREREQUISITES	Initials Date
1. A personal desire to arrest my chemical dependency upon nicotine.	
2. The ability to go the next few minutes without re-introducing nicotine back into my bloodstream.	
II. KNOWLEDGE REQUIREMENTS	Initials Date
1. <u>The Law of Addiction</u>	
2. <u>Minimizing common recovery symptoms</u>	
3. Download and read " <u>Never Take Another Puff</u> " by Joel Spitzer	
4. Download and read " <u>Freedom from Nicotine</u> " by John R. Polito	
5. <u>Watch</u> or <u>listen</u> to all 64 Joel Spitzer quitting lessons – download for patrol	

III. PRACTICAL FACTORS	Initials Date
1. Demonstrated focus mastery in measuring success just <u>one day at a time</u>	
2. Demonstrated ability to suppress needless recovery fears	
3. Demonstrated proficiency at <u>basic crave coping techniques</u>	
4. Meeting, greeting and defeating all known <u>smoking/nicotine use cues</u>	
5. Exposing all known <u>smoking rationalizations</u> to honest analysis	
6. Developing the patience needed to journey home to Easy Street	
IV. EXAMINATION	Initials Date
Explain in detail the one rule that if followed provides a 100% guarantee of remaining nicotine-free for the balance of life.	
<p>QUALIFICATION</p> <p>I hereby certify that I have mastered control of my chemical dependency upon nicotine as evidenced by my completion of this qualification card and having fully arrested my dependency for an entire patrol and off-crew cycle, without once having introduced nicotine back into my bloodstream. I understand that remaining free for life is as simple as sticking to my personal commitment to Never Take Another Puff!</p> <p>Ex-smoker's Signature: _____ Date: _____</p>	

Periodically visit WhyQuit.com for reinforcement

