

## Title Page: BOOKLET 7 Lifestyle Balance

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Forever Free Logo

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A Guide To Remaining Smoke Free

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Four people of various ages and genders all smiling. [close image]

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## Page 2: Contents

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This is the seventh booklet in the Forever Free series. This booklet covers making lifestyle changes to replace smoking in your life. It describes the importance of balancing your life with things that you like and want to do.

## Page 3: Stress

The last booklet discussed how stress can lead to urges for cigarettes. It ended by suggesting that you look at your lifestyle to see if you can reduce your stress level. This booklet picks up where the last one left off.

Booklet 6 mentioned two types of stress: “major life events” and “daily hassles.” Most people tend to remember the major events that occur in their lives. But the daily hassles, the little events of daily life, are often more important causes of stress. On a day-to-day basis, your mental and physical health is affected by the minor problems of life.

These problems include money concerns, problems with family and friends, hassles at work, and not enough time for rest and sleep, to name a few. Although these hassles seem minor, they add up each day.

## “Shoulds” versus “Wants”

One way to think about the causes of stress is to think about the “shoulds” in your daily life. Shoulds are the demands that you or other people place upon yourself. These are the things that you feel you “should” do: pay the bills, walk the dog, fix the car, clean the house, go to work, and so on. People will have different lists of shoulds.

In contrast to the shoulds in your life are the “wants.” These are things that you really want to do. These things give you pleasure. They may be activities such as spending time with your children, reading, dancing, watching TV, and so on. Once again, each person will have his or her own list of wants. One person’s should (such as walking) may be another person’s want.

There is no way to avoid all the daily hassles or all the shoulds in your life. You could not survive. But, a healthy lifestyle should be balanced. It is normal to have both shoulds and wants. We call this a balanced lifestyle.” It is easy for a lifestyle to get out of balance over time. With life, come responsibilities, and these responsibilities tend to increase with age. This is fine, as long as the unpleasant shoulds are balanced with pleasant wants.

## Page 4: Keep a Balance

Balance scales with "Shoulds" on the left side and "Wants" on the right.

### Shoulds Wants

However, many—if not most—people find that the shoulds slowly replace the wants in their lives. This may be especially true of smokers. Often, smokers use cigarettes as their want. That is, they begin to reward themselves by smoking rather than by doing other activities they enjoy. Over time, smokers use more cigarettes and do fewer other fun activities. It is easy to see how this happens. The nicotine in cigarettes can provide brief pleasure, energy, or even relaxation. Smoking is a quick and easy way to have a brief want. Of course, it is also a very poor way to get pleasure. It is not healthy and can harm you.

What happens after people quit smoking? If they have been using cigarettes to satisfy most of their wants, then they may not remember how to get pleasure. Instead, their life falls more out of balance. The hassles and shoulds are still there, but the wants are not.

Now would be a good time to get balance in your life. On the next pages, list your Daily Hassles and the shoulds in your life. (You may have listed some of these hassles on page 3 of the last booklet, so that list may help you.)

## Page 5: Your “Daily Hassles”

(The small events of daily life)

There are 16 checkmarks with lines underneath. The lines are not a fillable form.

## Page 6: Your “Shoulds”

(Things you do because you should)

There are 16 checkmarks with lines underneath. The lines are not a fillable form.

## Page 7: Your “Wants”

(Things you do because you want to)

Next, list the wants in your life. These should be the things that you really like to do and that you do on a regular basis.

There are 16 checkmarks with lines underneath. The lines are not a fillable form.

## Page 8: No title:

Now look over your lists. Your life is in balance if you have a want listed for every hassle and should that you listed. This is only a rough guide, because a big hassle may need more than one want to balance it out. In the same way, a strong want activity may balance out many smaller hassles or shoulds.

Is your lifestyle balanced? Do you have enough wants in your life? If not, go back to your wants list and try to add some things that give you pleasure. Add only those activities that you would be willing to do and can do regularly.

Are you having trouble coming up with wants for your list? If so, do not feel bad. Many people have an easier time listing shoulds than wants. But you are in luck! We have included at the end of this booklet a list of “pleasant events.” Read this list to get some ideas.

Once you have created a list of wants that balances out your hassles and shoulds, then the trick is to do the wants. Keep this booklet handy and try to add wants to your daily life. But do not put so much pressure on yourself that the wants turn into shoulds!

## Positive Addictions

Smoking cigarettes was a “negative addiction.” That is, it was a habit that was bad for you and that you wanted to stop. There are also “positive addictions.” These are habits that are healthy. They can replace negative addictions, such as smoking, in your life.

## Page 9: No title:

Negative addictions often feel good at first, but they have negative effects in the long run. For example, smoking may seem to get rid of stress, but it is unhealthy. It can harm you. Positive addictions may feel bad at first but have positive effects in the long run. For example, at first running can be unpleasant, but with time, running can make you feel good. It is also healthy.

A positive addiction (habit) involves an activity that you choose to do and that you can spend about an hour per day doing. It is easy to do and does not take a lot of mental effort to do well. You feel it has some value (physical, mental, or spiritual) for you. And it is an activity that you can do without criticizing yourself. If you cannot accept yourself during this time, the activity will not be addicting. And once again, you do not want to turn a positive addiction into a should in your life.

One way to change your life is to replace negative addictions (such as smoking) with positive addictions (habits). In other words, the goal is to change bad habits to good habits.

What kind of activities can become “positive addictions”? Here are a few:

- Exercise (but speak to your doctor before greatly increasing your normal exercise level).
- Relaxation.
- Meditation.
- Prayer.
- Hobbies.

There is no room in this booklet to describe each of these positive addictions in detail. But books can be found at the library and bookstores.

After Jenny quit smoking, she found that she did not seem to be enjoying life as much as she would like. She had slowly replaced most fun activities with smoking. Now that she had quit smoking, her life seemed empty. Jenny made lists of the “shoulds” and “wants” in her life. The “shoulds” included: taking care of her older parents, getting ahead in her job, keeping the house clean, paying her bills, and so on. She had trouble coming up with even one “want” for her list. After reading the Pleasant Events List, she was able to think about the things she had liked to do when she was younger: going to the beach, eating out with friends, reading romance novels, and dancing. As she made time for putting these activities back into her life, she became more satisfied with her life. Jenny thought of cigarettes less and less often.

## Page 10: No Title

A common concern of people who try to increase the “wants” or “positive addictions” in their lives is that they simply do not have time for more activities. Work and chores seem to take up every waking moment.

How can you possibly add pleasant events to your busy life?

Almost everybody feels this way at first. The key is to start small, and set time for things you enjoy doing. If you do not set time aside for the “wants” at first, they tend to be crowded out by the “shoulds.” Perhaps you could begin by setting aside just one half hour per week for doing something fun. As you get more and more into the habit of doing that activity, you will find that it becomes easier and easier to find the time. Eventually that activity becomes a “positive addiction,” and you find the time to do it, just as you had found the time for smoking and for the “shoulds” in your life. Give it a try!!!

## Page 10: Summary

Most people find that they can reduce their level of stress by making minor changes in their lives. This often involves increasing the amount of pleasant activities (wants) in their lives, or by developing “positive addictions.” Both ways can help fill the gap that is often felt after quitting smoking.

By quitting smoking, you have improved your health and probably added years to your life. Now is the right time to make changes to increase your joy of living. Good luck!<sup>1</sup>

Now is the time! A clock face is used for the 'O' in now.

## Page 11: Pleasant Events List

This list was developed by asking a lot of people what they do for fun. Read through the list and check off the activities that could be Wants for you. Add to your Wants list on page 6 the activities that you are able to do. Then try to do them!<sup>2</sup>

Being out in the country.	Thinking up a song or music.
Wearing nice clothes.	Saying something clearly.
Volunteering.	Boating (canoeing, motor-boating, sailing, etc.)
Talking about sports.	Restoring antiques, refinishing furniture, etc.
Meeting someone new.	Watching TV.
Going to a concert.	Talking to myself or a friend.
Playing ball.	Camping.
Planning trips or vacations.	Working in politics.
Buying things for self or someone you care about.	Working on machines (cars, bikes, motorcycles, tractors, etc.).
Going to the beach.	Thinking about something good in the future.
Doing art work (painting, sculpture, drawing, movie-making, etc.).	Playing cards.
Rock climbing.	Completing a hard task.
Reading the Bible.	Laughing.
Playing golf.	Solving a problem, puzzle, crossword, etc.
Decorating my room or house.	Being at weddings, baptisms, confirmations, etc.
Going to a sports event.	Having lunch with friends.
Reading a “How to Do It” book or article.	Playing tennis.
Going to the races (horse, car, boat, etc.).	Taking a shower.
Reading stories, novels, poems, or plays.	Driving long distances.
Going out with friends.	Woodworking, carpentry.
Going to lectures or hearing speakers.	Writing stories, novels, plays, or poetry.
Breathing clean air.	Being with animals.

## Page 12: Continued list for Pleasant Events

Doing craft work (pottery, jewelry, leather, beads, weaving, etc.).	Riding in an airplane.
Putting on makeup, fixing my hair, etc.	Hiking.
Designing or drafting.	Having a frank and open conversation.
Visiting people who are sick or in trouble.	Singing in a group.
Cheering.	Thinking about myself or my problems.
Bowling.	Working on my job.
Teaching someone.	Going to a party.
Learning from someone.	Going to church functions (socials, classes, etc.).
Using my strength.	Speaking in a foreign language and learning.
Traveling.	Going to service, civic, or social club meetings.
Going to office parties or departmental get-togethers.	Going to a business meeting or a convention.
Attending a concert, opera, or ballet.	Being in a sporty car.
Playing with pets.	Playing in a band.
Going to a play.	Making soup.
Looking at the stars or moon.	Being helped and helping others.
Being coached.	Combing or brushing my hair.
Coaching.	Acting.
Being popular at a gathering.	Taking a nap.
Watching wild animals.	Being with friends.
Having a good idea.	Canning, freezing, making preserves, etc.
Gardening.	Solving a personal problem.
Reading essays or technical, academic, or professional literature.	Being in a city.
Wearing new clothes.	Taking a bath.
Dancing.	Singing to myself.
Sitting in the sun.	Making food or crafts to sell or give away.
Riding a motorcycle.	Playing pool or billiards.
Just sitting and thinking.	Being with children.
Seeing good things happen to my family or friends.	Playing chess or checkers

## Page 13: Continued list for Pleasant Events

Being in the mountains.	Going to a fair, circus, zoo, or park.
Getting a job advancement (being promoted, given a raise or, offered a better job; getting accepted to a better school, etc.).	Talking about philosophy or religion.
Hearing jokes.	Planning something.
Talking about my children or grandchildren.	Listening to the sounds of nature.
Meeting someone new.	Dating, courting, etc.
Going to a crusade.	Having a lively talk.
Talking about my health.	Racing in a car, motorcycle, boat, etc.
Seeing beautiful sights.	Listening to the radio.
Eating good meals.	Having friends come to visit.
Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.).	Playing in a sports competition.
Going to the city.	Introducing people I think would like each other.
Wrestling or boxing.	Giving gifts.
Hunting.	Going to school or government meetings, court sessions, etc.
Playing in a musical group.	Getting massages or backrubs.
Hiking.	Getting letters, cards, or notes.
Going to a museum or exhibit.	Watching the sky, clouds, or a storm.
Writing papers, essays, articles, reports, memos, etc.	Going on outings (to the park, a picnic, a barbecue, etc.).
Doing a job well.	Playing basketball.
Having spare time.	Buying something for my family.
Fishing.	Photography.
Loaning something.	Giving a speech or lecture.
Being noticed as attractive.	Reading maps.
Pleasing employers, teachers, etc.	Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.).
Going to a health club, sauna bath, etc.	Working on my finances.
Learning to do something new.	Wearing clean clothes.
Going to a "Drive-in" (Dairy Queen, McDonald's, etc.).	Making a major purchase or investment (car, appliance, house, stocks, etc.).
Praising someone.	Helping someone.
Thinking about people I like.	

## Page 14: Continued list for Pleasant Events

Inviting someone out.	Being at a gathering.
Receiving honors (civic, military, etc.).	Being with my parents.
Using cologne, perfume, or aftershave.	Horseback riding.
Having someone agree with me.	Talking on the telephone.
Talking about old times.	Having daydreams.
Getting up early in the morning.	Kicking leaves, sand, pebbles, etc.
Having peace and quiet.	Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.).
Doing experiments or other scientific work.	Going to school reunions, alumni meetings, etc.
Visiting friends.	Seeing famous people.
Writing in a diary.	Going to the movies.
Playing football.	Kissing.
Saying prayers.	Being alone.
Giving massages or backrubs.	Budgeting my time.
Doing yoga.	Cooking meals.
Doing favors for people.	Being praised by people I admire.
Talking with people on the job or in class.	Outwitting a "superior".
Being relaxed.	Feeling the presence of the Lord in my life.
Being asked for my help or advice.	Doing a project in my own way.
Thinking about other people's problems.	Doing "odd jobs" around the house.
Playing board games (Monopoly, Scrabble, etc.).	Crying.
Sleeping well at night.	Laughing.
Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.).	Being told I am needed.
Reading the newspaper.	Being at a family reunion or get-together.
Being in a body-awareness, sensitivity, encounter, therapy, or "rap" group.	Washing my hair.
Dreaming at night.	Coaching someone.
Playing ping-pong.	Going to a restaurant.
Brushing my teeth	Seeing or smelling a flower or plant.
	Being invited out.

## Page 15: Continued list for Pleasant Events

Playing party games.	Swimming.
Writing letters, cards, or notes.	Running, jogging, or doing gymnastics, fitness, or field exercises.
Talking about politics or public affairs.	Walking barefoot.
Asking for help or advice.	Playing frisbee or catch.
Going to banquets, luncheons, potlucks, etc.	Doing housework or laundry; cleaning things.
Talking about my hobby or special interest.	Listening to music.
Watching attractive women or men.	Knitting, crocheting, embroidery, or fancy needlework.
Smiling at people.	Petting, necking.
Playing in sand, a stream, the grass, etc.	Amusing people.
Talking about other people.	Going to a barber or beauty shop.
Being with my husband, wife or	Having house guests.
Having people show interest in what I have said.	Being with someone I love.
Going on field trips, nature walks, etc.	Thinking about someone I love.
Expressing my love to someone.	Reading magazines.
Caring for houseplants.	Sleeping late.
Having coffee, tea, a coke, etc., with friends.	Starting a new project.
Taking a walk.	Being stubborn.
Collecting things.	Going to the library.
Playing handball, paddleball, squash, etc.	Preparing a new or special food.
Sewing.	Bird watching.
Remembering a departed friend or loved one, visiting the cemetery.	Shopping.
Doing things with children.	Watching people.
Beachcombing.	Building or watching a fire.
Being told I have done well.	Winning an argument.
Being told I am loved.	Selling or trading something.
Eating snacks.	Finishing a project or task.
Bicycling.	Confessing or apologizing.
Telling people what to do.	Fixing things.
Being with happy people.	Working with others as a team.

## Page 16: Continued list for Pleasant Events

Staying up late.
Having family members or friends do something that makes me proud of them.
Being with my children.
Going to auctions, garage sales, etc.
Thinking about an interesting question.
Doing volunteer work, working on community service projects.
Water skiing, surfing, scuba diving.
Receiving money.
Hearing a good sermon.
Winning a competition.
Making a new friend.
Talking about my job or school.
Reading cartoons, comic strips, or comic books.
Borrowing something.
Traveling with a group.
Seeing old friends.
Going to the gym.

### Sources:

1. Many of the ideas in this booklet came from: Marlatt, G. A. (1985). Lifestyle modification. In G. A. Marlatt & J. R. Gordon (Eds.), *Relapse*
2. MacPhillamy, D. J., & Lewinsohn, P. M. (1982). *Journal of Consulting and Clinical Psychology*, 50, 363-380.

## Page 17: Last Page

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Director: Thomas H. Brandon, Ph.D.  
1(877) 954-2548

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