

# THE FIRST STEP PLAN

## INTRODUCTION

The Cigarette Tube is a new and easier way to stop smoking.

Why?

The fewer puffs you take, the easier it is to quit, because you take in less habit-forming nicotine.

When you can't resist, light up – but don't smoke the whole cigarette.

After a few puffs, open The Cigarette Tube and slide the lit end into it. The Cigarette Tube will extinguish it in seconds.

Replace the cap – and The Cigarette Tube will keep the cigarette fresh for hours.

Next time you can't resist, remove it and relight.

Over time, you should find it easier to resist the temptation to light up until you can stop smoking completely.

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**This is the fundamental Principal behind the First Step Plan.**

## BACKGROUND

The purpose of this plan is to help you quit smoking. This is the **“first step”** to quitting.

You didn't become a pack or two smoker over-night. It took you and all smokers some time to develop the habit. Now you must take time to develop new habits and ways to wean yourself off cigarettes. You have to cut back, the same way you started, gradually.

Each person will have his or her own unique time frame for quitting. Some will quit in two weeks and some will take longer. It took me 3 months, but after smoking for 30 years I thought that made sense.

I actually quit. I never thought it would happen.

# THE FIRST STEP PLAN

Remember one very important fact about this process. This is The First Step Plan! It means exactly that. It is the first step to quitting. It is not the last step.

We have included two Cigarette Tubes in your kit along with this plan. It will be very easy for you to begin cutting back. Please read the entire plan and believe you can quit. Don't expect instant results. Take your time and you will get through this. If you just keep trying I know you will do it.

## **Step One: The Rules**

First get used to using The Cigarette Tube. I know you want to get started quitting or cutting back as soon as possible, but this process requires patience. It took a long time to get totally addicted to cigarettes. You must now reverse the process, slowly.

Carry one Cigarette Tube with you at all times. Put the other one in a safe place where you normally smoke a lot. This could be in the car, in the garage, in your desk at work. This is your back up in case you forget to carry the one in your pocket. Spend the next few days using The Cigarette Tube. Practice saving cigarettes for later and re-lighting them.

At times you will attempt to put your cigarette out in The Cigarette Tube but find one already saved. That is because you forgot to check before you went on your smoke break or before you lit up. You must get yourself into a pattern of use.

We suggest that you follow a procedure when you are smoking. Instead of first reaching for your cigarettes you must first reach for your Cigarette Tube and make sure you have it with you. Check for a partially smoked cigarette or for a used butt.

If the butt is large enough for you to smoke again, then you can continue on to your smoke break. Try to make that butt last, so you do not have to light up a fresh one out of the pack. If the butt is not large enough, then you must immediately discard that butt into a proper disposal unit before you go on your smoke break.

It is imperative that you always have The Cigarette Tube with you when you smoke cigarettes. The key to The First Step Plan is using the Cigarette Tube "every time" you light up, so you can put the cigarette out as soon as you are satisfied.

# THE FIRST STEP PLAN

## Let's re-cap the rules:

- 1) Always have The Cigarette Tube with you.
- 2) Never light up a cigarette without first checking your Cigarette Tube for a partially smoked cigarette.
- 3) Discard any butts in a proper receptacle before lighting up.
- 4) Every cigarette you smoke must be slipped into The Cigarette Tube and extinguished, even if you are not going to save it for re-lighting later.

These are very simple rules. If you do not follow these rules then The First Step Plan cannot work for you.

## Step Two: Help

You need help from your friends and your family. All concerned must be made aware of the fact that you are going to attempt to quit. That way, everyone can be prepared when you change from Dr. Jeckyl into Mr. Hyde.

Counseling is one help aid that is highly recommended by Doctors and clinicians who help patients quit smoking. A support group live or online can help. We highly recommend you use some sort of support in preparing to quit and to help you deal with the pressure and anxiety.

If you cannot afford one on one counseling look for a support group but above all, get your friends and family involved. You need praise and approval for this important step you are taking. All these years you have been rewarding yourself with cigarettes. Now you are going to take that nice little reward away, and your body and mind are not going to like that. You must get that reward somewhere else. Friends or family are the best source.

Quitting smoking is a very stressful process and can cause wide mood swings.

## THE FIRST STEP PLAN

There are products that help take away the stress and mood swings, nicotine replacements such as the patch and the gum. These products have their place during the last step.

You cannot quit smoking by going to the last step first. You are only setting your-self up to fail. I failed miserably at least fifty times, I know about quitting and failing. I also know about quitting and succeeding, and that is what The First Step Plan is all about.

With help from family and friends, The First Step Plan and The Cigarette Tube, you will be able to accomplish this task.

I tried for ten years, but only after I had failed with the patch, the gum and everything short of hypnosis, did I finally get it right with The Cigarette Tube.

### **Let us recap:**

- 1) Inform family and friends that you are quitting;
- 2) Get some type of support;
- 3) Keep trying until you finally succeed.
- 4) Do not go to the last step first

### **Step Three: One at a Time**

You are going to cut back one cigarette at a time until you have reduced your nicotine consumption to a level that will allow you to quit. We want to accomplish this in the shortest amount of time possible. That will be as long as it takes. The ultimate goal is to reduce the nicotine levels so you have a chance to stop. If you are a pack a day smoker, you need to get down to 5 cigarettes per day. If you smoke more than that, the number is one fourth of your normal intake. That is, if you smoke two packs a day, then you need to reduce consumption to half a pack a day.

If you don't understand any of this or have any problems with the plan, simply go on-line and contact us at: [help@thecigarettetube.com](mailto:help@thecigarettetube.com)

We will do everything possible to help you through this trying time.

## THE FIRST STEP PLAN

One cigarette at a time is the answer to reducing your consumption. Each cigarette you smoke is that one cigarette at a time. Just stop short of finishing that cigarette and put it into the Cigarette Tube. Every cigarette that you save for later reduces the amount of nicotine in your system. It is very simple.

### **Let's Cut Back**

Let's do this together. Now that you know how to use The Cigarette Tube let's get started. Put the Cigarette Tube in your pocket or purse and get used to it being there. Whenever you think of cigarettes think about The Cigarette Tube. Think about smoking less. Don't think about quitting, that is too frustrating and encourages failure. Just think about how one day you will quit but right now you are going to cut back and save money.

Start with a fresh pack of cigarettes and see how long you can get that pack to last. Try to stretch each cigarette. At times just a few puffs will satisfy the urge, so just put the cigarette out and save it for later. Some times you will absolutely want to finish a whole cigarette. Go ahead, don't deny yourself. Don't start a fight with yourself. Be calm and don't be in a hurry to fail.

Each week that you use The Cigarette Tube will lower your nicotine intake.

As you learn how to lower your consumption you become more capable of saying no to cigarettes. Each time you make that conscious effort to put your cigarette out before you have finished it you are getting stronger.

One cigarette at a time. You learn how to say no. Just as each cigarette you smoked for the first time gradually led to your addiction, so it will be as you gradually reduce your addiction with The Cigarette Tube and The First Step Plan.

Your level of nicotine in your blood will begin to come down, as well as your need to smoke as much. It will become easier to resist and easier to put out your unfinished cigarette.

When you get down to one fourth of the number of cigarettes you used to smoke, it is time to consider quitting completely. First, try to go at least a week on that number of cigarettes. If it takes just two weeks to get to five cigarettes per day, then stay at five for a week longer. Be sure you are ready before you go cold turkey.

## THE FIRST STEP PLAN

Decide when you are going to have your last smoke and then stop. If you make it past the first day, hurray. Just don't think that you have quit, remember, you just made it one day.

If you fail, don't worry. It is no big deal. You must continue following the plan. If you did make it past that first day try to avoid any and all situations that might force you to smoke again. This is probably the hardest part about quitting. That is why we have you reduce your daily nicotine consumption, so that when you get uncontrollable urges to have a cigarette, you can fight it. If you had those high levels of nicotine you would be sure to fail.

If you fail repeatedly you may have to resort to nicotine replacements. Just remember not to buy the super pack of patches or gum. You won't need that much. You only have to get past the first 1-3 days. When you have reduced your nicotine levels to 5 or 6 cigarettes, or by 75%, remember, that you will not be doing yourself any good by putting on a patch that will deliver two or three times more nicotine than you are used to. Cut the patch in half; take only half a piece of the gum.

Keep trying this method of reducing nicotine intake and then quitting, until you finally quit. It will work. It worked for me and I failed more than anyone. I failed for 10 years using all the other products on the market. When I reduced my nicotine consumption with The Cigarette Tube I finally quit.

If I can do it so can you.

Good luck.

Peter Braun, Owner, Inventor

The Cigarette Tube was marketed as The Smart Ashtray for a while, and that is why the packaging does not match.