

Health Behavior Diary

Selected Behavior: Lip Tobacco

Statement of Intent

I decided to change this unhealthy habit in my life because it is just disgusting and in no way, shape, or form, good for myself. I have always planned to quit but “never got around to” actually doing it. I really want to quit because it causes me to wake up with extremely bad breath. This bad breath constantly returns throughout my day which then causes me to constantly be chewing a piece of gum. More importantly, I have a receding gum line, yellow tints on my teeth and a leathery feeling cheek. I occasionally come down with small soars and they obviously scare me because I am subjecting myself to cancer but I cannot help it because I’m addicted. Besides being both unattractive and a burden on my health, dipping is a very expensive habit. Being I go through just about a tin per day, starting since the summer of 2007 I have spent approximately \$1200.00 on lip tobacco. That is setting the price per tin at \$5.00 when back in New York it really costs me \$7.56 per tin. Overall, I need to quit this disgusting, unhealthy habit before it is too late. During my daily routines, I tend to pack a lip when driving to work, in between classes, when I’m playing video games, and when I’m watching television. Breaking these habits will be tough but hopefully it will all work out.

One-week Daily Log

Day 1	Sunday	Date: 02/26/2012
So this is the end of day one and I must admit it was not too bad. I have tried quitting		

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before so I knew that Day 1 would not be too strenuous. I made sure I kept my tin of tobacco at home for when I was at work and I gave it to my roommate once I came home. This proved to be successful. Since I did not really have any time to play a video game, I guess I will see what it is like tomorrow when I have all the time in the world to play. Time for bed! Day 1 = Success.

Day 2	Monday	Date: 02/27/2012
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Today was a little more difficult than the previous day. For starters, I left my tin at home when I went to school. This was not terrible because my day starts at 2:00 and ends at around 5:00. Once I came home I was craving a lip of tobacco. I really wanted to pack one while I played Call of Duty (the video game I play, I will refer to it at “COD”). I noticed that I did not play for nearly as long as I usually do. The rest of the night I did whatever homework needed to be done and here I am. I know these next few days are going to be rough. Day 2 = Success.

Day 3	Tuesday	Date: 02/28/2012
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Today was very challenging! Being I was on campus from 9:00 to 3:00 with multiple breaks made not dipping even more challenging. I felt like a lost soul in between my classes. All I did was chew gum and anxiously wait for bed time. It doesn't help having two out of my three roommates constantly dipping tobacco. Today was an overall tease and I'm just glad that it is over. Unfortunately I really want to pack a lip. Day 3 = Tough Success.

Day 4	Wednesday	Date: 02/29/2012
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Today was the toughest day yet. I could not stop fidgeting and putting things into my mouth. Gum and pens seemed to be my “weapons of choice” throughout my day. I felt like a little kid in grade school while chewing on the pens. I tried playing COD but I was

<p>not doing so well which caused my overall score to go down. I quickly turned my gaming system off in disgust. I notice that I'm not feeling too well and my hands are a little shaky. One would think I was withdrawing from heroine. Hopefully the rest of the week goes a little better. Day 4 = An Even Tougher Success.</p>		
Day 5	Thursday	Date: 03/02/2012
<p>Now I'm starting to become very irritable. People of all walks of life are beginning to annoy me. The slightest action or comment that displeases me is beginning to result in anger. I'm keeping that anger in because I know that it is not other people's fault that I am feeling this way. Going to work tomorrow should be interesting being that I work retail and people are beyond absurd and challenged when it comes to that line of work. I am also trying to limit my encounters with my girl friend. I don't want a silly fight to occur because I'm in a bad mood. I did not play COD at all today and I did not do any homework. Instead, I played drinking games with my friends. I am 21 so this is legal and although it is not healthy; it undoubtedly took my mind off of my lack of nicotine. I honestly do not see this week getting any easier. Day 5 = An Annoying Success.</p>		
Day 6	Friday	Date: 03/02/2012
<p>So besides wanted to yell at the customers at work, today was a little better. I am still craving lip tobacco but knowing that I am not going to have it has embedded itself into my brain. Again, I unfortunately see myself dipping once this is over. Today I was proactive and thought to purchase sunflower seeds. I wish I had thought of doing this back during the first day. Oh well, at least I have something to fix my Oral fixation. Day 6 = Easier Success.</p>		
Day 7	Saturday	Date: 03/03/2012
<p>Again, work was annoying, especially having to be there at 8:00AM. I want nothing</p>		

more than to pack a lip of tobacco. My girlfriend can see that I'm struggling with quitting so she decided to take me out wine tasting and then proceeded to cook me dinner and rent a movie. I got to admit, she really is helping me with this issue. Well I struggled throughout this endeavor but all in all I successfully completed it. This was a great experience but I'm not too sure if I could keep it up. Day 7 = Relieved Success.

Evaluate Your Health Behavior Change Experience

Evaluate the following statements as to how much you agree with them. Circle the number you feel best represents your level of agreement or disagreement with the statement (You can do this by hand). Scale (1=Disagree a lot, 5=Agree a lot)

Q	Statement	Disagree ←→Agree				
1	Being a required assignment help making the change easier	X	2	3	4	5
2	Maintaining the change got easier as time went on	1	2	X	4	5
3	Maintaining the change got harder as time went on	1	2	X	4	5
4	I had to make changes in my life to maintain the behavior change	1	2	3	4	X
5	I wasn't sure if I could maintain the change for a whole week	1	2	3	4	X
6	I was confident, as the week went on, that I can maintain the change	1	2	3	X	5
7	After making and maintaining the change for one week I know I can make this a permanent change	X	2	3	4	5
8	The change will be beneficial for my health in the long run	1	2	3	4	X
9	Based on my experience with this behavior change I know I can make other changes in my life to improve my health	1	2	3	4	X

What Did You Learn From This Experience?

This week was extremely difficult but manageable in regards to quitting lip tobacco.

Changing this behavior was an important step in becoming healthier. I now know that I am capable of quitting this horrible habit. The withdrawals were strenuous in that it

altered my emotions and certain physical attributes such as not feeling well and having the shakes. I was 100% successful in doing this tobacco free week. It was extremely challenging to be in the same house as two other people that dip just as much as I do. My motivation was to prove myself and my roommates wrong in actually completing a tobacco free week. I learned that with some struggle, I could actually quit lip tobacco. This was very challenging and I do not think I could make this a permanent change just yet, even though I should. I will try to cut back on the amount I dip per day in an effort to ease myself into quitting.

Rate Your Future Success With Your Health Behavior Change

As of now...

20%
