Practice Being a Non-smoker

Say "YES!"

When you tell yourself "YES," you feel good about giving yourself permission to do something that's going to please you. When you tell yourself "NO," you've given yourself a "bad" message. It doesn't feel good. When you get the urge to smoke, instead of saying "NO" to a cigarette, say "YES!" to a positive substitute.

Give yourself a reward for not smoking, and say "YES!" to a:

- Lollipop
- Swizzle stick
- Mint
- Plastic cigarette
- Hard candy
- Plastic straw
- Toothpick
- Licorice
- Stick of gum

Saying "YES!" to a positive alternative feels a lot better than saying "NO."

Other substitutes you can use: