Distractions for When Cravings Hit

There is no way around it - cravings are going to hit. Here is a list of some distractions for those times when that happens:

- Listen to the visualization on the CD/cassette; remind yourself that this will pass
- Think about your reasons for quitting
- Play cards
- Read a magazine or newspaper
- Pray
- Fix something that's broken
- Wash your windows
- Do aerobics
- Go to Church
- Cook a new recipe
- Take a long walk
- Read the comics
- Drink orange juice

- Watch TV
- Call a friend
- Change your hair
- Dance
- Sleep
- Visit a friend
- Play with your pet
- Shop
- Tidy up
- Drink water
- Read the Bible or another spiritual text
- Listen to music
- Organize a closet
- Do yard work
- Rearrange furniture
- Water your plants