Stay Tuned In & Talk Back

Even though you are moving ahead in the quitting process, you have to stay tuned in to that "little devil" inside of you who tries to talk you into smoking again.

When you hear any thought about smoking, talk back. Smoking is not the answer. There is no good reason to be a smoker.

Thought: "This is too hard. If I could have just one, I would feel so much better."

Response: "There are a lot of people who have had much harder things to deal with than this. It's worth it. As time passes, it will get easier and easier. I'm going to hang in there like millions of other quitters have done."

Thought: "I'm gaining weight. At the rate I'm going, I'll gain 40 pounds."

Response: "Not everybody gains weight. I can exercise, drink a lot of water and eat low calorie foods like fruit. I can manage my weight in healthy ways. I don't have to smoke."

Thought: "You'll never make it. You've failed so many times."

Response: "I don't know yet if I'm going to make it or not. But I know that today, I'm going to give it my best shot. As of right now, I am making it."

What are you saying to yourself about smoking?

Plan a response: