



At some point, whether it be one day, one week, three weeks, three months, three years, or thirty years, you may start to forget WHY you decided to become a nonsmoker. You may get lost in the moment and forget your long-term goals and your hard work in becoming a non-smoker. You may become stressed, angry, anxious, lonely, irritated, happy, sad, or bored, and you may forget that smoking never really solved any problems in your life for more than a moment. You may start to romanticize that last cigarette or look longingly at someone smoking outside a beautiful fall day. So, to help you out, when and if that moment arrives, we listed thoughts people often tell themselves when in this state of mind, or accurately, when they're outside of their "state of mind".

Read each thought out loud and put a checkmark next to the ones that you tell yourself. We left space for you to add your own thoughts. Add as many as you need based on what you know you'll probably tell your future self. In the future, when you find yourself saying or thinking one of these thoughts, know that it is "stinkin' thinkin'." Agree by signing below that if you ever say or think one of these things, you will not act on it. You will trust that when you signed this, you meant it, and that you were serious when you made the choice to be a nonsmoker for the rest of your life.

- ☐ Just one cigarette won't kill me.
- ☐ I can handle one cigarette.
- ☐ I can always quit again.
- ☐ I'm so stressed, smoking will be healthier for me.
- ☐ I'm gaining weight; smoking will be healthier for me.
- ☐ I don't care.
- ☐ My grandfather is 82, and he's been smoking his whole life.
- ☐ Hey, I've got to die from something
- ☐ Maybe I'm just too weak. I'm not like those other people who quit.
- ☐ I had one, so I may as well smoke the whole pack.
- ☐ I may as well give up. This is just too hard.
- ☐ Just one or two won't kill me.
- ☐ Everything in moderation.
- ☐ Just this one time. When I get home, I'll stop.
- ☐ I'll smoke one of these "light" cigarettes. They're not as bad, right?
- ☐ I'll try vaping. That's way better than smoking.
- ☐ There are too many people around me who smoke.
- ☐ I can't do this.
- ☐ I can't handle this.
- ☐ _____
- ☐ _____

Signature

Date

P.S. Also, go back to your "What I don't like about smoking / [why I want to lead a smoke-free life](#)" document/journal. Go back and read it. Read it deeply with all your heart. Go back to that place when you really felt what you wrote. Read it, live it, and then go for a walk, feel your feelings, acknowledge your "universal needs," do push-ups, meditate, breathe But don't smoke. You got this!