The Urge Will Pass Whether I Smoke Or Not!

What to say to myself when I want to go back to smoking:

1. The urge will pass whether I smoke or not.
2. I'm not going through the pain of quitting again!
3. I like myself when I'm not smoking.
4. I'll distract myself until the urge passes.
5. I deserve credit for quitting smoking.
To be prepared when the urge to smoke comes, carry this list of sure-fire ways to cope.

What To Do For Myself

1. Go for a walk or begin to exercise.
2. Take several deep breaths.
3. Call my buddy or a friend.
4. Take a shower or bath.
5. Eat something low-calorie.
6. Drink lots of liquids/water.

Reward myself when I beat the urge to smoke!

My Most Important Reasons to Stop Using Tobacco

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