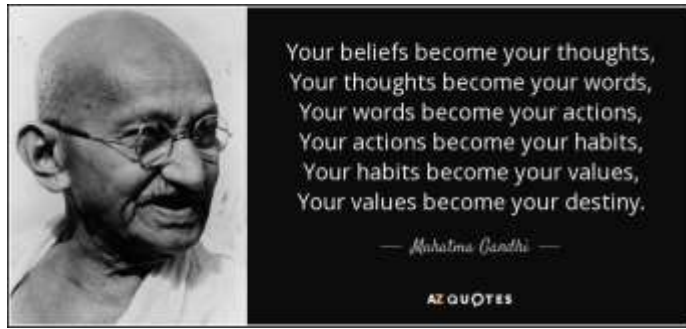


STOP SMOKING PLAN



Step 1

I sincerely want to quit smoking.

- I believe the health risks of smoking are real.
- I do not want to experience these risks.
- I believe, with the right motivation, mental attitude, and support I can quit smoking.
- I control my beliefs, thoughts, words, and actions.
- Nicotine withdrawal symptoms are temporary. In 5 days nicotine will be out of my system. I will no longer have a physical addiction.
- I can overcome the physical addiction and the mental habit.
- _____
- _____

Step 2

My reasons for quitting and positive self-affirmations around these reasons.

Reasons I want to quit:

- _____
- _____
- _____
- _____

Positive Self-Affirmations:

I will repeat these every morning, night and throughout the day when I feel the urge to smoke.

Examples are below.

- _____
- _____
- _____
- _____
- _____
- _____
- I am stronger than my addiction.
- I control my actions with my beliefs, thoughts and words.
- I am living a healthy lifestyle, and every day I am getting better and better.
- I feel healthy and energetic. I can take full breaths. I have started working out.
- I am saving money I no longer spend on cigarettes. I plan to take a nice vacation,
- I am using my savings from not buying cigarettes to become debt free.
- I don't worry about affecting my family with secondhand smoke.

- I am able to spend quality time with my grandchildren and great grand children.
- I am losing weight because I walk/exercise instead of smoking.

Step 3

This is how I will manage the nicotine withdrawal period.

Here are some examples people have been successful with

Remove all cigarettes from my reach.

Use nicotine replacement therapy.

Drink more water.

- _____
- _____
- _____
- _____

Step 4

This is how I will manage the mental, emotional and situational triggers that tempt me to smoke.

Triggers and Actions

	TRIGGER	STRATEGY
1	Smoking after meals	<ul style="list-style-type: none"> Remove all cigarettes from the house, and out of my immediate reach Chew gum Work crossword problems or Sudoku.
2	Being around friends and co-workers	<ul style="list-style-type: none"> Let them know I am quitting. Ask for their support. Replace my smoke break with a stair climb, or power walk. Create an informal support group.
3		<ul style="list-style-type: none">
4		<ul style="list-style-type: none">
5		<ul style="list-style-type: none">
6		<ul style="list-style-type: none">
7		<ul style="list-style-type: none">

Step 5

Don't give up. You control your destiny.

If you backslide, be conscious of the situation that caused it and determine how to avoid or deal with it. Remember to:

1. Stop: Refocus on the moment. Recognize the triggers and your feelings.
2. Challenge: Evaluate why you feel this way. Review your strategy for managing this trigger.
3. Choose: When you choose the response that best serves you in the long run, triggers will no longer stimulate you to smoke the cigarette.

"I can do all things through Christ, which strengthens me." Philippians 4:13.