

## The Urge Will Pass Whether I Smoke Or Not!

Wallet Card



**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.

Session 6: The New You

**What to Say to Myself  
What to Do for Myself**

# My Most Important Reasons to Stop Using Tobacco

## Session 3: Wanting to Quit

Wallet Card

**My Most Important Reasons to Stop**



- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

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!**

