



Remember the 3 R's

REMIND Remind yourself why you became a nonsmoker. Think again about your reasons for becoming a nonsmoker.

REHEARSE Rehearse what to do to handle the urge to smoke when challenging situations occur.

REWARD Each time you beat the urge to smoke, reward yourself in some small way. Congratulate yourself for your determination and effort.

*Information taken from The Quitnet / July 2001
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