



LIFE AFTER CIGARETTES

- **Refuse offers of cigarettes**
Stand up for your decision to quit. It's your right to say what you think. Ask for what you want and refuse things you don't want. That doesn't mean you have to upset people, *"No thanks, I don't smoke,"* or *"Please don't offer me any more cigarettes, I'm trying to quit."*
- **Challenge negative thoughts** Become aware of negative thoughts such as, *"This is too hard,"* or *"Just one little cigarette won't hurt."* People who avoid taking a simple puff increase their chances of successfully quitting. Don't let negative thoughts ruin all your hard work. Stay strong. Stay positive.
- **Seek support** Talk to a friend or family member when you feel determination is fading.
- **Avoid risky situations** If you've identified when you're likely to smoke, stay away from those situations, if possible, until you feel ready to deal with them. Avoid others while they're smoking. If all else fails, leave when the urge to smoke is overwhelming.

Source: *The QuitNet / July 2001*

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