

# Quit Smoking *With* Positive Thinking

Many people who are successful with quitting smoking do so by shifting the way they think. Negative thinking can sabotage efforts. Positive thinking supports and rewards efforts. Take the first step toward a successful quit attempt by transforming negative thoughts into positive, productive ones.

The chart below provides examples of how you can move from negative thinking to productive thinking, and improve your chance for success. Put a check mark next to unrealistic or negative examples you find yourself saying. In the blank rows, write other obstacles you have and think of how you can turn these into opportunities. If you already think for success, put a check mark in the boxes in the third column that apply to you.

Examples of Unrealistic or Negative Thinking	Examples of Productive or Positive Thinking	Thinking that Encourages Quitting Tobacco
<input type="checkbox"/> I'm looking for the easiest way to quit smoking.	I've been smoking for years, so I'll be realistic about working through the process of quitting, even if it takes me more than one attempt. I'm committed to keep working at it.	<input type="checkbox"/> Recognizing behavior change takes hard work and practice.
<input type="checkbox"/> I'm not happy that I smoke. I want to quit but it's so hard to do. I sometimes think it's not worth it.	I know some days will be more challenging than others and quitting won't happen overnight. Instead of beating myself up when I get off track, I will look at what happened and put a plan in place to keep me motivated.	<input type="checkbox"/> Willing to look at challenges and obstacles as learning opportunities. Instead of giving up, taking on problems one at a time and making a plan with a list of solutions for moving forward.
<input type="checkbox"/> I'm too busy! I barely have time to take care of my family, let alone myself. How can I possibly focus on quitting smoking?	I have a busy schedule, but it's important to make time for myself so I can be healthy enough to take care of my family and be a good role model.	<input type="checkbox"/> Maintaining a healthy interest for your own well-being and taking responsibility and action for your own self-care.
<input type="checkbox"/> It'll be too hard to quit smoking at work. My co-workers will pressure me to hang out with them during breaks and I enjoy the time socializing with them.	I can still socialize with my co-workers and stay on my plan. I'll wait until they're done smoking then meet up with them. I'll snack on sunflower seeds to keep my mouth busy and use a rubber band or stress ball to keep my hands occupied.	<input type="checkbox"/> Believing you are in control of your own behavior and actions. Taking responsibility for the choices you make and what you do and don't do every day.
Other:		
Other:		
Other:		
Other:		