

## Putting a Stop to Smoky Thinking

***There is no good reason to smoke.*** You know this. So if you are giving yourself a reason to smoke, you are probably experiencing an attack of ***smoky thinking***.

Fight your smoky thinking with a clear thinking response using this list.

<b>Smoky Thinking</b>	I just need one cigarette to take the edge off these cravings.
<b>Clear Thinking</b>	<b>Cravings become weaker and less frequent with every day that I don't smoke.</b> Even just one puff will feed the cravings and make them stronger.
<b>Smoky Thinking</b>	It's been a long day. I deserve a cigarette.
<b>Clear Thinking</b>	I deserve a reward after a long day, but <b>there are better rewards than a cigarette.</b> A favorite meal, a funny movie, or a hot shower will help me relax without ruining my quit attempt.
<b>Smoky Thinking</b>	The urge to smoke is just too strong. I can't stand it.
<b>Clear Thinking</b>	<b>Even the strongest cravings last less than 3 minutes.</b> The urge will go away whether I smoke or not, and smoking now will just make it even harder for me to quit later. I can find something else to do—anything—until the craving goes away.
<b>Smoky Thinking</b>	I blew it. I smoked a cigarette. I might as well go ahead and finish the pack.
<b>Clear Thinking</b>	I am still learning how to be a non-smoker. It's normal to make some mistakes. But I don't have to smoke that next cigarette. <b>I can learn from this mistake and keep going.</b>
<b>Smoky Thinking</b>	I can't deal with never being able to have another cigarette for the rest of my life.
<b>Clear Thinking</b>	I only have to deal with today. <b>Quitting happens one day at a time, sometimes one hour at a time!</b> The future will take care of itself.

<b>Smoky Thinking</b>	I am too grumpy without my cigarettes. I am doing my friends and family a favor by smoking.
<b>Clear Thinking</b>	My friends and family love me and understand that <b>quitting smoking now is the best gift I can give them</b> . Grumpy or not, I am not doing them any favors by continuing to smoke.
<b>Smoky Thinking</b>	I am doing really well. Just one cigarette won't hurt.
<b>Clear Thinking</b>	I have never smoked just one before. <b>One cigarette always leads to another</b> . I don't want to undo all my progress by smoking a cigarette now.
<b>Smoky Thinking</b>	It's too hard to quit smoking. I can't do this.
<b>Clear Thinking</b>	Quitting and staying away from cigarettes is hard, but it's not impossible. About 40,000,000 Americans have quit smoking. <b>If other people can do it, so can I</b> . It is too important to give up on.
<b>Smoky Thinking</b>	I've been smoking for so long; quitting won't make a difference now.
<b>Clear Thinking</b>	<b>No matter how long I've been smoking, my body will benefit from quitting</b> . The healing process starts right away, and before long I will start to feel healthier and look better.
<b>Smoky Thinking</b>	I know people who smoked their whole lives and never got sick.
<b>Clear Thinking</b>	It's true that some people get lucky. But there is no way of knowing whether I will be one of the lucky ones, and I am not willing to risk my life. <b>The only safe choice is to quit smoking now</b> .
<b>Smoky Thinking</b>	I have already cut down to a safe level.
<b>Clear Thinking</b>	<b>There is no safe level of smoking</b> . Smoking less is a good first step, but there are many more benefits when I don't smoke at all. Plus, every cigarette that I smoke feeds the habit and makes it that much harder to quit.