

Inova TobaccoNET

Chat & Stats Session 10

Staying Quit



- Congratulations!
- You have eliminated tobacco from your lifestyle
- You **WILL** get to a point where you think about tobacco less often

Tobacco-Free Lifestyle

- Eliminating the tobacco response is part of building a tobacco-free lifestyle
 - You can relax without tobacco
 - You can reduce anxiety without tobacco
 - You can cope without tobacco
 - You concentrate without tobacco
 - You can get through the day without tobacco

Build Positive Self-Talk

- The self-talk we carry around in our head is called mind speak
- Developing very positive mind speak helps you overcome temptations
- Our thinking and mind speak eventually controls our behavior



A Dose of Reality

- The part of your nature longing for the old response (tobacco) must be met with the hard facts about tobacco use
 - Tobacco damages your body and will eventually lead to your death
 - There is joy in life without tobacco
 - You are in control of your behavior
 - Negative feelings and experiences are a part of life ~ tobacco won't fix them

I Can Do It!

- Positive mind speak puts temptation and unpleasantness into a realistic perspective
- You can act sensibly for your own good
- This type of thinking doesn't deny the feelings or experiences; it helps you from feeling overwhelmed

I Am Tobacco-Free!

- Be protective of your new tobacco-free lifestyle
- Revel in all the good that is coming your way
- Celebrate your accomplishments
- You are tobacco-free!



Next Steps

- Return to Session 10
- Read the Tipsheets for the week
- Prepare to complete your final Personal Activity
- Check in with your Quit Coach about on-going support