

Inova TobaccoNET

Session 1: Personal Activity

Tobacco cessation programs that use active exercises produce the best results.

Your Activity for the Week:

Create a List of Reasons Not to Use Tobacco

You have probably included every reason from the simplest to the most serious, which probably is fear of dying. Take this list and pick out your best PERSONAL REASON to quit. This alone won't get you to stop or you would have stopped by now. Write the personal reason you choose from your list on a piece of paper and carry it in your wallet, looking at it at least three times per day. You could also tape it to your bathroom mirror, your car's dashboard or anywhere visible. It's your choice, just do it!

"I Choose To Quit Because..."

To build and maintain motivation for quitting, write in your five most important personal reasons for quitting. **Be specific. Memorize your list. Know it cold. Make several copies.**

- * Place a card wherever you used to keep your tobacco: car, purse, pockets, etc.
- * Tape one to your dashboard, mirror, refrigerator, bathroom door, etc.
- * Carry one with you at all times.
- * Repeat your reasons for quitting over and over. Do not forget why you are putting yourself through this.