

# Inova TobaccoNET

## Affirmations

Affirmations are positive statements that can focus on behavioral change, imagery, improved self-esteem, reminders for attitudinal change and assertions of serenity.

Make the affirmation positive and have it describe exactly what you want to achieve.

- Deep breathing helps me to relax.
- I am getting healthier every day.
- I am worthy of success.
- I am willing to learn new ways of living.
- I want to breathe fresh, clean air.
- I am confident in my ability to learn new ways of living.
- I can resist any urge to smoke.
- I am succeeding in my efforts to remain tobacco-free.
- I can stop smoking for good.
- I can stop smoking for life (photo of a loved one).
- This craving will pass. I can wait it out.
- I can handle this situation without lighting up.
- I am a non-smoker.
- I am tobacco-free.

### *Inspirational Thoughts*

*“Focusing on the positive is a habit that is developed through ongoing repetition.”*

*“The willingness to do so creates the ability to do so.”*

*“What you really want, you make real through action.”*

*“Breaking a bad habit is easier if you remember that what you’re adding to your life is much more valuable than what you’re eliminating.”*