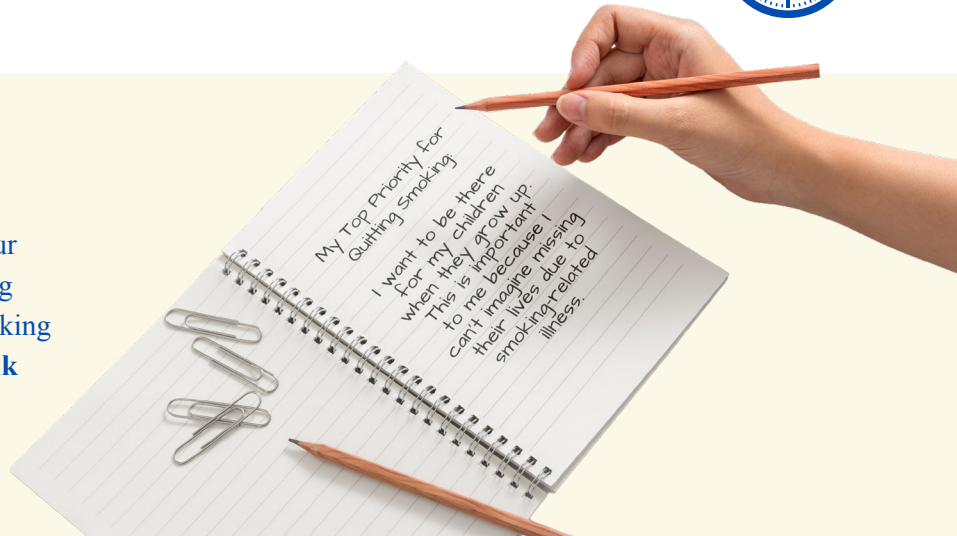


III. Build Your Custom CBT Phrases



This custom Cognitive Behavioral Therapy (CBT) method empowers you to identify your unique triggers and build personalized coping phrases which in turn will help you quit smoking for good. So, print this PDF or grab a blank paper, and let's get started!



1

Please check all the triggers from the list below, that make you want to smoke. If you identify other triggers, add them in the space provided.

- | | | |
|--|--------------------------|-------|
| <input type="checkbox"/> While drinking coffee/tea | <input type="checkbox"/> | |
| <input type="checkbox"/> Taking a break (at work) | <input type="checkbox"/> | |
| <input type="checkbox"/> While driving | <input type="checkbox"/> | |
| <input type="checkbox"/> Feeling stressed or anxious | <input type="checkbox"/> | |
| <input type="checkbox"/> When bored | <input type="checkbox"/> | |
| <input type="checkbox"/> Feeling the urge | <input type="checkbox"/> | |
| <input type="checkbox"/> When a smoker lights up | <input type="checkbox"/> | |
| <input type="checkbox"/> Smelling cigarette smoke | <input type="checkbox"/> | |
| <input type="checkbox"/> After finishing a meal | <input type="checkbox"/> | |
| <input type="checkbox"/> Talking on the phone | <input type="checkbox"/> | |
| <input type="checkbox"/> When drinking alcohol | <input type="checkbox"/> | |
| <input type="checkbox"/> Waking up in the morning | <input type="checkbox"/> | |
| <input type="checkbox"/> Feeling sad or low in mood | <input type="checkbox"/> | |
| <input type="checkbox"/> Feeling angry | <input type="checkbox"/> | |
| <input type="checkbox"/> When partying | <input type="checkbox"/> | |

2

From the above list, pick the top 3 TRIGGERS that lead to you smoking the most cigarettes.

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3

What is your number one priority for quitting smoking?

- Avoid getting cancer
- Be there for my children when they grow up
- Feel stronger, healthier
- Avoid debilitating pain from diseases like Buerger’s
- Not becoming a burden for my family
- Increase fertility—I want to have children
- Live 15 years longer on average
- Save, on average \$3,500 per year
-

4

Why did you choose that as your top priority?

Example: I chose ‘Avoid debilitating pain from diseases like Buerger’s’ because I would do anything to avoid such unbearable pain.”

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5

Why is that important to you?

Example: I can’t imagine life without parts of my body.

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6

What is the biggest NEGATIVE IMPACT if you don’t achieve this priority?

Example: Getting such a disease and having to live with it the rest of my life, severely disabled.

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7

Why would that worry you?

Example: I wouldn’t be able to do anything I like anymore.

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8

Now, craft CBT phrases for your top 3 smoking triggers using this model: When [TRIGGER], I instantly remember that smoking determines [NEGATIVE IMPACT], so I successfully overcome the situation as an ex-smoker.

Example: When I see my colleagues light one up, I instantly remember that smoking causes the debilitating pain and amputations of Buerger’s disease, so I successfully overcome the situation as an ex-smoker.

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9

Get into Your Daily Practice

Now, let’s get into the rhythm of what you need to be doing daily. Just grab a letter-sized piece of paper and fill at least half of it by repeatedly writing one of your CBT phrases.

10

Be Consistent, Track Your Progress

Filling more than half of a letter-sized paper each day is always better, but the most important thing is to do this daily. Tracking your progress daily will help you stay on track till momentum kicks in and you will quit smoking for good.