

Ways Smoking Bothers Me

Kicking Smoking's Ass! by Mike Fook

STOPPED SMOKING DATE _____

List the ways smoking has bothered you now and in the past. Don't forget when it affected your kids, friends, work, or having fun.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

When you have difficulty with cravings - remember these problems. Keep this list with you wherever you are. Photocopy it even so you can have one in your glove compartment, home, work, etc. Videotape these problems so you can remind yourself later what a horrible state your life was in while smoking. NEVER FORGET how bad it was and that you NEVER want to return to it.

**You're a WINNER now,
don't EVER go back to being a LOSER!**