You can quit tobacco.

I’m ready to quit for good.

You can do it!

Have you tried to quit before? Good! Everytime you’ve tried, you’ve learned some things about how to quit.

You know more about what will work for you. You can make a plan and quit for good.

Cope with urges.

Use these 5 steps every time you have an urge to use tobacco.

5 steps to cope with urges:

1. Notice the urge. Don’t fight it.
2. Stop and think. How do you feel? What is this like?
3. Choose not to use tobacco. You need to do this for only a minute or so.
4. Wait. The urge will pass.
5. Pat yourself on the back! Good job!

Urges to use tobacco pass whether you use tobacco or not. It can be hard to wait. But waiting does work.

Practice.

Practice before you quit for good.

I practiced. That helped me quit for good!

Practice until you’re ready to quit.

Keep trying until you can quit for 24 hours. Once you can, you’re ready to set a date and quit for good.

This is how people stop using tobacco.

They quit for a day. Then they quit for the next day.

They keep coping with urges to use tobacco, one day at a time.

Care you feel good about | 866.246.8259 | www.chnyc.org | Facebook | Twitter | LinkedIn | Instagram