

You can quit tobacco.



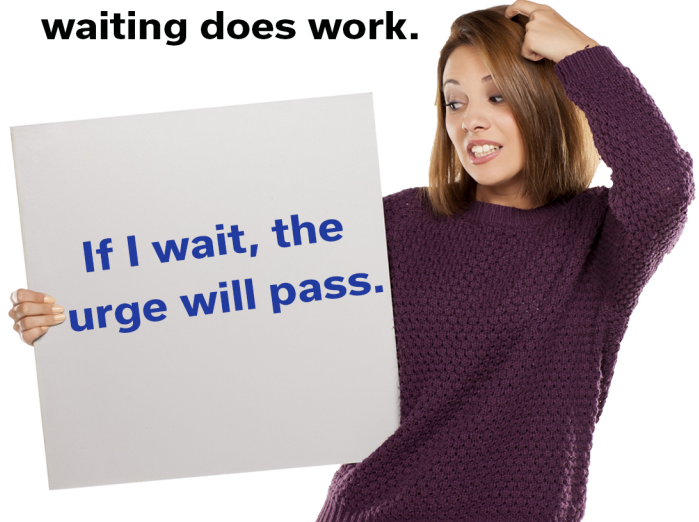
You can do it!
Have you tried to quit before? **Good!** Everytime you've tried, you've learned some things about how to quit.
You know more about what will work for you. You can make a plan and quit for good.

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.



Use the 5 steps and quit for:

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.

