

## Home Practice: Changing Thoughts

Think about 3 thoughts that you have when an urge arises that tries to justify/convince you to have a cigarette. Write down the thought, then write a reply that helps you to avoid smoking.

Then, do the same for three drinking thoughts.

<i>Thought</i>	<i>Reply</i>
<i>Smoking:</i>	
1.	
2.	
3.	
<i>Drinking:</i>	
1.	
2.	
3.	