

Thoughts That Can Undermine Your Smoking and Drinking Goals

Thought	Reply
1. <i>I can have just one cigarette, and then I'll get back to quitting.</i>	One cigarette could lead me to want more, so I will do something else right now.
2. <i>I'm doing great; I'll reward myself with just one cigarette/drink.</i>	One cigarette/drink can easily defeat my efforts. I will find another reward.
3. <i>It's just a bad time to quit drinking. There is too much going on right now. I don't want to ruin my vacation.</i>	If I wait for the perfect time to quit, I'll never get started. This IS the right time.
4. <i>I'm such a grouch to be around when I'm quitting smoking. People will like me better if I'm smoking.</i>	The irritability is only temporary. Smoking will solve neither their problem nor mine.
5. <i>I'll gain too much weight if I quit smoking.</i>	Weight gain can be controlled if I eat properly and get regular exercise. A little weight gain is a small price to pay for a longer, healthier life.
6. <i>I'll just cut down, or switch to a low-tar brand of cigarette.</i>	I'll get just as much nicotine as before, and eventually be right back where I started. Besides, there is really no "healthy" amount to smoke.
7. <i>I forget why changing drinking was so important to me. If I drink more, it will rekindle my desire to quit.</i>	Drinking more now will make it more difficult to change this habit. I had strong reasons to change when I started, and these reasons are still valid.
8. <i>It's been so long since I've wanted to smoke that I must not be hooked anymore. Since I'm over the addiction, I can have a cigarette and it won't hurt.</i>	

<p>9. This quitting is easier than I thought. I guess I can quit anytime, so it wouldn't hurt to smoke one now.</p>	
<p>10. If I have just one drink, it will help me get over this tremendous urge to drink. If I don't drink now to reduce this urge, I will fail completely.</p>	
<p>11. I'm not going to make it. Since I'm going to relapse eventually, why delay the inevitable.</p>	
<p>12. I don't want to return to full-time smoking, but it couldn't hurt to smoke just at parties and social events.</p>	
<p>13. I don't really want the nicotine; I don't really have a strong urge; I just want to see what one tastes like.</p>	
<p>14. Cigarettes have been a good friend to me; they have always been there when I needed them. It's hard to think of life without them.</p>	
<p>15. I am a smoker; smoking is part of my identity.</p>	
<p>16. I can smoke just one cigarette if I decide to allow myself to smoke; then I am still in control.</p>	
<p>17. I am so upset (or stressed, angry, depressed) that I feel it is OK to drink. This will be much worse without a drink.</p>	
<p>18. Smoking/Drinking is so satisfying that I am willing to pay the price (cancer, heart disease, emphysema, DUI, missed work).</p>	