Handout: Mindful Smoking

Follow the instructions below for when you smoke your last cigarette prior to Session 3.

1. Try to complete the exercise immediately before the start of group session.
2. When smoking, only pay attention to smoking. Do not look at your phone, have a conversation, take a walk, etc.
3. Bring full attention/awareness to the behavior of smoking (e.g., taste, smell, breathing).
4. Try to focus on the physical sensations and any other present-moment experiences you might be having.
5. If thoughts arise, note them, and return your attention back to the act of smoking.
6. Join the group session.

We will then discuss your experiences with mindful smoking as a group to begin Session 3.