

Home Practice: Changing Thoughts

During this week, think about 3 thoughts that you **have** when an urge arises that tried to justify/convince you to have a cigarette. Write down the thought, then write the reply that could help you to avoid smoking. If you were not successful in a reply that helped you avoid smoking, write a reply that you wished you had used.

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.	