

Positive Thinking

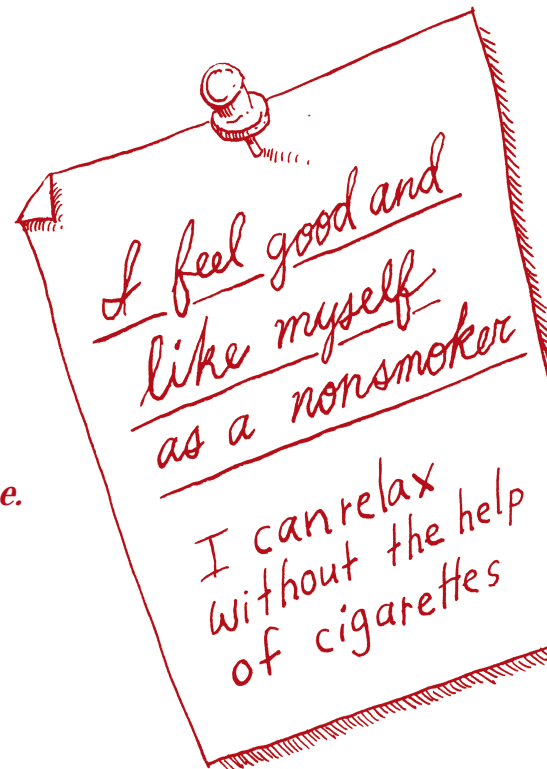


California
Smokers'
Helpline
1-800-NO-BUTTS

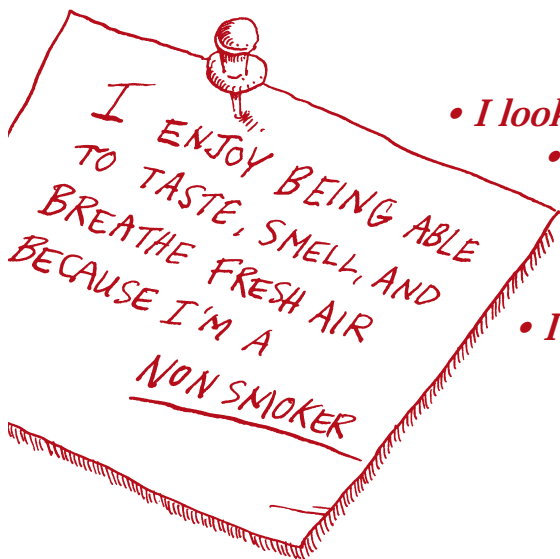
Try repeating some of these statements to help yourself feel good about quitting:



- *I don't need to smoke anymore.*
- *My child is now healthier because I don't smoke.*
- *I like not spending money on cigarettes.*
- *I enjoy wearing the clean-smelling clothes of a non-smoker.*
- *I enjoy riding in the clean-smelling car of a non-smoker.*



- *As a non-smoker I am setting a positive example for my children.*
- *I enjoy living in a clean-smelling home now that I'm a non-smoker.*
- *I am in control as a non-smoker.*
- *As a non-smoker I am becoming the person I want to be.*
- *With each breath of clean air, my body is growing healthier and stronger.*



- *I look more attractive as a non-smoker.*
- *I feel much better physically and mentally, now that I'm a non-smoker.*
- *As a non-smoker I give my body more exercise and my health increases daily.*
- *I enjoy having more energy now that I'm a non-smoker.*