Take Control of Cravings and Urges

False:
After you quit smoking you will have cravings and urges to smoke forever.

True:
If you go Cold Turkey, nicotine will be out of your system within 72 hours. That’s only 3 days! Most nicotine cravings last 3 to 5 minutes, but remember, as time passes they will become weaker and farther apart. It took a long time to become a smoker, so it will take some time to break free from the habit.

TRY THESE SHORT-TERM STRATEGIES:

THE FOUR D’S:
Delay ___________ Wait it out.
Distract yourself ______ Do something else.
Deep breathe _______ Release tension.
Drink water:_________ Satisfy the craving.

THE TWO R’S:
Remind __________ Go over the reasons to quit.
Refuse ____________ Think: it’s not an option.

WAYS TO HELP QUIET YOUR NOISY CIGARETTE THOUGHTS
Observe and describe your urges to help you cope with them. Keep track in a journal.

Record your urges
How often? ___________ Count them.
How strong? ___________ Rate them.
How long? ____________ Time them.

Understand your urges
Every urge you’ve ever had has gone away, whether you’ve smoked or not. Your body cannot hold an urge for a long period of time.

Fight your urges
Positive thoughts and images can be powerful tools for getting through urges.
Example: Close your eyes, take a deep breath, picture yourself in a special place (beach, mountains…), and repeat positive messages like: “I look better and feel stronger;” “My body is a temple,” etc…

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