

## **ROTE RESPONSES**

Quitting once is enough!

Let it go

Take a deep breath

It is my choice to quit

A cigarette won't help

Do something pleasurable

Freedom!

Don't

The fun of living

I don't smoke!

One less thing to worry about

Breathing is better

It's not that bad, you can do it

I want to be healthy

This too shall pass

My family needs me

I can do this!

I want to be a non-smoker

I am a non-smoker and it feels good

I can't have just one

One day at a time

I don't ever have to quit again

Just breathe

I want to live!

Picture yourself with a butt – UGLY

Add more rote responses here:

I am feeling healthier

I am becoming a non-smoker

I am breathing good air

The cigarette I want isn't there anymore

STOP – THINK – ACT