

Back Talk

You already know that you want to quit, but you find yourself obsessed with negative thoughts. These negative thoughts are the voice of addiction trying to pull you back to tobacco use. In the left hand column, list some of the negative thoughts and messages which threaten to side track you from your goal. In the right hand column, write out some messages you can use to talk back to your addiction!

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____