Reframe Worksheet

You may want to quit, but you find yourself thinking negative or unhelpful thoughts. These thoughts are trying to pull you back to tobacco use.

In the left-hand column, list some of the unhelpful thoughts and messages that can side track you from your goal to quit.

In the right-hand column, write out some messages you can use to reframe those unhelpful thoughts.

Unhelpful Thoughts	Helpful Thoughts

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