

# **What to Say When You Talk to Yourself**

## **POSITIVE SELF-TALK TO STOP SMOKING**

*I do not smoke. My lungs are strong and healthy.*

*I am able to breathe deeply and fully.*

*Taking care of myself physically is important to me. I like keeping myself fit and feeling good.*

*I am a non-smoker - and I am proud of myself.*

*I have more energy and stamina than ever before.*

*I enjoy life and I am glad to be here.*

*When I see a cigarette, or even think of one, I automatically hear the words, "I do not smoke and I don't!"*

*I have no habits that control or influence me in any harmful way. I am in control of myself and everything I do. I always do what is best for my future and me.*

*I really enjoy breathing clean, fresh air, being healthy, and being in complete control of my body and my mind.*

*I am able to achieve any goal that I set for myself. I see, in my mind, a clear picture of myself having already accomplished my goal. I create it, I see it often, and I achieve it.*

*I exercise regularly. I keep myself fit and healthy. And I am enjoying a lifetime of energy and vitality.*

*All of my senses are clear and alive. My sight, my sense of smell, my hearing, my tasting, and even my touch are more alive than ever before.*

*I do not see smoking as being strong, intelligent, or glamorous in any way. I see it for what it really is, and it has no place, in my life.*

*I give myself permission to relax, feel good, breathe deeply and fully, and enjoy being a healthy non-smoker at all times and in all circumstances.*

*People enjoy being around me. I have self-confidence and self-respect. I like myself, and it shows!*

*Being a non-smoker is easy for me. After all, I was born that way – and it is the natural thing for me to do.*

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for complete instructions on how to use this self-talk script.