

# After Quitting, Now What?

Write down your positive affirmation or goals related to quitting smoking.  
For example:

"I am free of the desire to smoke cigarettes."  
"I enjoy my life without smoking."  
"I am happy, healthy and smoke-free."

- 1** Sit comfortably and close your eyes.
- 2** Take several deep breaths with extended exhalations. Relax while focusing on your breathing.
- 3** Visualize, in detail, that you are a nonsmoker at a social event where you would normally smoke. Add detail by focusing on sights, sounds, smells and the way things would feel in this situation. See yourself feeling comfortable, having confidence and enjoying the benefits of your new, healthy lifestyle.
- 4** Silently tell yourself your positive affirmation. Repeat your affirmation throughout the visualization.