

PREPARING FOR YOUR FIRST TOBACCO-FREE DAY QUESTIONS TO ASK

By Dr. Daniel Seidman



Writing about your experiences—in this case smoking—has been shown to have an important impact on behavior change, and even on your health.

Write a paragraph for each of the questions below.

What about other smokers in your life, either at home, work or play? How will you handle them?

What about alcohol? How will you be careful so you don't take a smoke while drinking, which happens to so many people who want to go smoke-free?

What about bad moods and stress? How will you handle them without your automatic response of smoking?

As a reminder, always consult your doctor for medical advice and treatment before starting any program.