

# STRESS AND SMOKING

By Dr. Daniel Seidman

Breathe Easier:  Stop Smoking

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"I need cigarettes because I am stressed. I need this to cope with stress."

Many smokers share this common belief. But can smoking solve real life problems? No, it is a real-life problem itself. This is the classic false belief of addicted smokers, and it must be challenged and debunked to learn to live smoke-free.

To combat the urge to smoke when you're stressed, complete this exercise. Refer to your reasons whenever a stressful situation has you reaching for cigarettes.

**Write your reasons to live smoke-free...**

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**Now, write your reasons to continue smoking and compare the two...**

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