

Thought Replacement Practice

Automatic tobacco thought	Helpful alternative statement	Immediate action
"I need tobacco right now."	"I am having a craving, not an emergency. I can wait and let it pass."	Set a five-minute timer; breathe and change locations.
"Just one will not matter."	"One use can restart the habit loop. I protect my progress by choosing none today."	Contact support, use a planned substitute, or leave the trigger setting.
"I need a cigarette because I am stressed."	"I need relief, and tobacco is not the only way to get a break. I can breathe instead."	Take a brief walk, breathe slowly, drink water, or text someone.
"I cannot relax without nicotine."	"My body can learn to settle without nicotine. Each tobacco-free pause teaches it how."	Longer exhale breathing; relax jaw, shoulders, and hands.
"This craving will keep getting worse."	"Cravings rise, crest, and pass. I only need to get through this wave."	Urge-surf; focus on the next few minutes.
"I already slipped, so I might as well keep using."	"A lapse is information, not failure. I can stop again with the very next choice."	Dispose of remaining tobacco; review trigger and restart immediately.
"I am weak because I still want it."	"Nicotine dependence creates learned urges. Strength is what I practice when I choose differently."	Name the urge and use the coping plan.
"I will deal with quitting later."	"The next tobacco-free choice is the only one I need to make right now."	Delay use and complete one alternative action.
"I cannot handle this feeling."	"This feeling is uncomfortable, temporary, and survivable."	Ground through the feet; identify five things in the environment.