

I'VE QUIT AGREEMENT

Step One: INTENTIONS

I quit smoking or intend to quit smoking cigarettes on: _____. From this day forward, I promise to quit smoking for the rest of my life and remain a permanent Non-Smoker. I will overcome my PHYSICAL desire to smoke and will not give in to my urges. I will make INTELLIGENT choices about smoking and hold myself responsible for my actions. I will effectively manage my EMOTIONS and break my inappropriate connections to smoking.

Step Two: VALUES

My 3 most important Non-Smoker VALUES are:

_____ because: _____

_____ because: _____

_____ because: _____

Every time I want to smoke I will consider my non-smoker values and apply them in making choices.

Step Three: EMOTIONS

I understand that my emotional connections to smoking are inaccurate. I will use the 4 R's to effectively manage my emotions and overcome my desire to smoke.

I will RECOGNIZE my smoker feelings and notice when my emotions make me want to smoke.

I will RATIONALIZE my smoker feelings and examine the real meaning of each emotion.

I will RELATE my real feelings to the real cause of my emotion.

I will REMOVE the inaccurate connections between my smoker feelings and my emotions.

Step Four: QUESTIONS

My most important 3 PIE reasons for quitting are:

PHYSICAL reason: 1) _____

INTELLECTUAL reason: 2) _____

EMOTIONAL reason: 3) _____

I will carefully question my reasons and use them to draw strength and affirm my commitment to quit smoking.

Step Five: UNDERSTANDING

I understand that I will have urges to smoke and I will accept those urges and not dismiss them. I will acknowledge each urge and then make my decision to abstain from smoking. I understand that the urge will pass even if I don't smoke and that these urges will eventually disappear for good.

Step Six: INTERVENTIONS

I will intervene in every way possible to quit smoking and achieve my intentions of becoming a Non-Smoker.

I will not permit my smoker cravings to cause me to put a cigarette in my mouth, light one up, or smoke one.

I will mentally prepare for my smoker thoughts and cues and use my IVE QUIT Process to prevent smoking.

I will rationalize my smoker feelings and avoid letting my emotions justify my smoking.

Step Seven: THINKING

I am a Non-Smoker. I'VE QUIT smoking because it makes sense to quit. I have changed and I am no longer physically committed to smoking. I am no longer intellectually committed to smoking. And I am no longer emotionally committed to smoking. I've committed to my INTENTIONS to quit; I've committed to my Non-Smoker VALUES; I've committed to healthy EMOTIONS; I've committed to QUESTION my reasons; I've committed to UNDERSTAND my urges; I've committed to INTERVENE in my smoking; and I've committed to changing my THINKING about smoking. I am a Non-Smoker!

Signature

Date