



Activity 8: Mental Rehearsal for Future Tough Situations

Imagine yourself in two different tough situations and how you will cope in each situation in the future so you are not tempted to smoke.

Tough Situation	Action	Thoughts	Mental Rehearsal
<p>Attending a party/gathering where people are smoking.</p>	<p>Going with a non-smoking friend who supports my efforts to stay quit.</p>	<p>"I am a non-smoker now!" Going with a non-smoking friend who supports my efforts to stay quit.</p>	<p>Imagine you are going to a party where you know several people will be smoking. Close your eyes and imagine yourself at the party and being around a smoker. Then imagine yourself walking away from the smoker and telling yourself "I'm a non-smoker now!", and then going outside for some fresh air with a friend of yours who knows you've recently quit. Think about talking about the progress you've made so far and how proud you are of your hard work. Imaging your desire for that cigarette going away.</p>