

Curbing your cravings



The Humming Mask Nicotine

- Nicotine and cigarette smoke is bad for my lungs
- I do not like the taste of nicotine in my mouth
- Smoking create cancer cells in my body
- I do not like the craving feelings for smoking
- My thoughts why I need to smoke are false
- Smoking gives more stress
- Smoking is not for me
- Nicotine gives me a bad addiction
- Smoking makes me feeling sick
- I can see a deadhead on the pack
- I can breathe deeper when I do not smoke
- I give a bad signal to family, kids and friends when I smoke
- Smoking gives me a uncertain feeling
- I feel better when I don't smoke
- Smoking makes me stinking for somebody else
- I am not a smoker
- I hate smoking
- I do not like the smell around me anymore
- Smoking smells horrible
- I feel good when I do not smoke
- I feel proud when I do not smoke
- I feel sad for people who do smoke
- Not smoking is what I prefer.

