



THE JOURNEY TO BECOMING SMOKE FREE



Quitline

0800 778 778

www.quit.org.nz

THE FIRST POINT OF CALL



NOT KNOWING WHAT TO
EXPECT

**TO EDUCATE NOT
DICTATE**





Understanding the tools

SEE A HYPNOTHERAPIST ON SAT MORNING. I DON'T WANT TO EVER SMOKE AGAIN I WANT TO BE RID OF THE CRAVINGS, THE VOICES THE WHOLE LOT!!! SO LAST NIGHT I WROTE A LIST ON MY BREAKFAST ROOM WALL... (DON'T WORRY IT HAS BEEN PAINTED WITH WHITEBOARD PAINT FOR MY STUDY GROUP, I AM A 2ND YEAR NURSING STUDENT). HERE IS MY LIST....

I DON'T WANT TO KEEP PUTTING TOXINS INTO MY BODY.

I DON'T WANT TO STINK OF SMOKE ANYMORE.

I WANT TO BECOME A NURSE THAT CAN PROMOTE GOOD HEALTH AND NOT BE A HYPOCRITE!!!

I DON'T WANT TO BE THE ODD ONE OUT ANYMORE.

I WANT MY HUBBY TO WANT TO KISS ME WHENEVER AND NOT TURN AWAY BECAUSE I HAVE JUST HAD A PUFF!!

I DON'T WANT TO WASTE ANY MORE MONEY ON SMOKES.


I WANT TO BE ABLE TO AFFORD TO SHOP FOR NICE THINGS FOR ME!!!

I DON'T WANT TO STRESS ABOUT SMOKING.

I WANT TO QUIT!!!!!!!!!!

SORRY FOLKS BUT I JUST THOUGHT IF I KEEP WRITING HOW I FEEL ABOUT THIS AND WHY I WANT TO STOP IT WILL HELP ME..... DON'T KNOW WHY BUT I AM NOW SITTING HERE WITH TEARS STREAMING DOWN MY FACE.. AND INSIDE A VOICE IS SCREAMING I WANT TO STOP I JUST WANT TO STOP!!! I DON'T WANT THIS LIFE ANYMORE I WANT IT TO ALL GO AWAY, I WISH I COULD JUST WAKE UP AND FEEL LIKE I HAVE NEVER SMOKED AND NEVER SMOKE AGAIN :(XOXOXO

**AFTERNOON... COULD HAVE QUITE EASILY
GONE TO THE DAIRY AND BOUGHT A
PACK.... THE STRANGE THING IS THIS IS THE
WORST I'VE HAD IT, NONE OF THE OTHER
DAYS HAVE BEEN LIKE THIS... BUT I WAS
STRONG AND DID NOT SUCCUMB TO THE
NICODEMON LOL LISTEN TO ME I SOUND
LIKE AN ACTRESS IN SOME OLD MOVIE HA
HA HA..... WELL AM ALL GOOD NOW JUST
NEEDED TO GET THIS OUT IN THE OPEN
:)XOXOXO**

Decorative white lines consisting of several parallel diagonal strokes in the bottom right corner of the page.

28/03/11 WHY???

HAY FOLKS... WELL 108 DAYS AND I HAVE JUST GIVEN IN TO THE NICODEMON :(WHY?? I DON'T KNOW... HOW MANY 1/2 A SMOKE... WILL I DO IT AGAIN?? NO WAY.. I FEEL SICK, I HAVE A SORE HEAD AND I AM SWEATING LIKE MAD...

ALTHOUGH I KNOW I SHOULDN'T FEEL LIKE I HAVE LET PEOPLE DOWN I DO, I FEEL I HAVE LET ALL WHO HAVE SHOWN ME SUPPORT AND GIVEN ME ENCOURAGEMENT....

I AM NOW SO SCARED THAT THE NICODEMON WILL DRAG ME BACK SINCE I HAVE SHOWN HOW WEAK I CAN BE..

I HAVE JUST BRUSHED MY TEETH 3X AND STILL CANT SEEM TO GET RID OF THE HORRIBLE TASTE IN MY MOUTH, I FEEL LIKE S%*T...



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**KEEP
CALM
AND
QUIT
SMOKING**



**Don't give up
giving up.**



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