

Helpful thinking for tough moments

Changing how we think can help us feel better. By noticing and challenging negative thoughts, we can handle tough situations more calmly and confidently.

Step 1: Notice your thoughts



Think about any negative thoughts or beliefs you have about quitting tobacco.

Write them down below. For example:

- “I’ll never be able to quit – I’ve failed too many times.”
- “I won’t enjoy socialising without smoking.”

Step 2: Challenge the thoughts



Look at each thought you wrote down and ask yourself:

- Is this really true, or just how I feel right now?
- Is there another way to look at this?
- What would I say to a friend who had this thought?

Example:

- “I’ve never been able to quit” → “I’ve had tough times, but I’ve also made progress before.”
- “Nothing works for me” → “Maybe I haven’t found the right support or tools yet.”

Step 3: Reflect and reframe



Think about how your new, more positive thoughts can help you next time things feel tough.

- How can I use this thought if I have a setback?
- What can I remind myself when I feel discouraged?
- How does this new way of thinking help me stay on track?

A large, empty rectangular box with a yellow border, intended for the user to write their reflections.

Step 4: Stick with it



Make a promise to yourself to keep using thought reframing.

Be open to learning more about yourself as you challenge and change your thinking.

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