



# Rewarding Yourself

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

## ***What to Expect***

▼ Finishing a hard job or celebrating a special occasion might lead you into wanting to treat yourself with a cigarette. Find out what it is about certain situations that make you feel that you have earned a cigarette. Be on your guard at these critical times.

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## ***Frequency***

▼ Feelings of wanting to treat yourself with a cigarette may happen along with regular cravings for cigarettes.

▼ Most of these cravings will begin 6-12 hours after you stop, stay strong for 1-3 days, and may last up to 3-4 weeks.

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## ***Self Management***

▼ Spoil yourself for a couple of months (e.g. buy a little gift for yourself for every week you don't smoke, go out to dinner once a week or see a movie).

▼ Think of non-smoking rewards; take time to read a book, listen to a favorite tape or telephone a friend.

▼ Put the money you are saving by not smoking, into a jar everyday. Keep a list of things you want to buy with the money and buy them.

▼ Remind yourself that your real reward will come later...in several extra years of health.

## ***Nicotine and Your Body and Mind***

▼ Nicotine controls your mood by controlling the level of stimulation to key parts of the brain and central nervous system.

▼ When you quit smoking, you may miss the increased stimulation and positive mood that nicotine provided but as a non-smoker you will gain so much more.

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## ***Related Notes***

▼ Watch out! One of the main dangers to new ex-smokers is alcohol. Even one drink can poke holes in your will power. It is best to avoid alcohol as a reward in the beginning.

*References available upon request.*