

a series of fact sheets written
by experts in the field of liver
disease

HCV Wellness:

Rewards and Affirmations for Quitting Smoking

Lucinda K. Porter, RN

MOST SMOKING CESSATION PROGRAMS ENCOURAGE

smokers to make a list of the reasons to quit smoking, the rewards to be gained and positive thoughts to use during difficult times. Leave these lists in various places, such as in your car, wallet or purse, at work, by the bed, near your favorite chair and where you eat. Review these on a regular basis. Make a list that is meaningful to you. Here are some ideas to get you started:

Rewards for Quitting Smoking

- Improved health
- No more smoking outside in the cold, rain, or snow
- Ability to take part in social engagements without having to leave for a cigarette
- Flying, going to the theatre and other events without going through nicotine withdrawal
- Financial gain
- Freedom from cigarettes
- The joy of stating, "I am a nonsmoker," especially when asked during a health screening exam
- Being a positive role model for children, grandchildren and other young people in your life
- The ability to breathe freely and be more physically active

- Putting the brakes on premature wrinkling and aging of the skin
- No more exposing others to secondhand smoke
- No more cigarette odor on clothes, car, and home along with an improved sense of smell and taste
- A longer life with more vitality

Affirmations for Quitting Smoking

- I am taking back control of my life and my health
- I am helping my loved ones, the world, and myself by not smoking
- I am saving money by not smoking – money I can spend in anyway I want
- I am free of the burden of smoking – of having to find the place and the time to smoke
- This feeling will pass
- I am making an investment in my future and myself
- This moment of discomfort is worth it for all the rewards I am getting
- I will succeed in my effort to quit

For more information about hepatitis C, hepatitis B and HCV coinfections, please visit www.hcvadvocate.org.

Executive Director
Editor-in-Chief, HCSP Publications
Alan Franciscus

Design
Paula Fener

Production
C.D. Mazoff, PhD

Contact information:
Hepatitis C Support Project
PO Box 427037
San Francisco, CA 94142-7037
alanfranciscus@hcvadvocate.org

The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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