



# I'm a STAR!

My plan for coping with cravings is:

Delay: \_\_\_\_\_  
 Escape: \_\_\_\_\_  
 Evade: \_\_\_\_\_  
 Distract: \_\_\_\_\_  
 Substitute: \_\_\_\_\_



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**A few good DEEDS  
(To get you started)**

Delay your first cigarette of the day  
Act "as if"-pretend you're a non-smoker for 15 minutes  
Ask a friend to watch your kids while you smoke outside  
Wash dishes, your hair, or give the dog a bath  
Brush your teeth or have a drink of cold water



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