

# Addressing Your Habit and Behaviors

In order to quit and stay quit, you will need to work on the emotional parts of your addiction, the habits and behaviors that cause you to use tobacco.

To address your tobacco habit, you need to make changes in your daily routine.

For example, if you always reach for a cigarette during a drive, try chewing gum or having a healthy snack instead.

If you always use tobacco after a meal, try a distraction instead.

If you walk by an area where everyone smokes on your way to lunch, take a different route.

*“I had to stop drinking coffee, anything caffeine related, wine.”*

Making even small changes like these can help you succeed.

*“Now that I'm over the addiction of smoking, I can drink coffee and a glass of wine, without feeling any need or desire to smoke. So I feel really happy about that.”*

When you feel an emotional need to use tobacco, think of things you can do instead. Try changing your response to the situation.

Eat a healthy snack...  
Get some exercise....  
Or enjoy a hobby...

If tobacco is how you reward yourself, think of healthier ways to give you the same satisfaction for a job well done.

You may find you want to use tobacco because of habit or routine, or because of emotions. Making changes to your old behaviors and learning how to change your response to emotional situations can help you to quit and stay quit.

Reach out to your healthcare provider or a counselor for more ways to help you cope.