

Behavior change

[Health & Medicine](#)



Topic: Week It came to my realization that tobacco develops a habit on a highly variable schedule. It also gets its consumers high mostly without their knowledge leading to its combination with alcohol and coffee. I also realized it hurts to smoke especially those around you.

Week 3

I developed an indomitable zeal to stop smoking through highlighting the reasons I wanted to quit the habit. Actually it was quite a demeanor to ride in the elevator to work giving a tobacco elated pheromone.

Week 5

I ran some background research on the after effects of tobacco smoking. During this process I stumbled upon medically gruesome and proven reasons as to why I should quit the habit. I also consulted various resource groups concerning techniques that would motivate me towards quitting smoking.

Week 7

In my endeavor towards stopping the habit I embraced optimism and knew that I would succeed. This I knew I would only achieve through perseverance.

Week 9

I would embrace my new life as a non smoker with positivity enjoyment and excitement. I would channel my energies and time in dealing with the current task at hand.

I would reward myself repeatedly in cases I make any major milestones.

Week 11

I would purpose to set a definite date on which to start my new life and avoiding procrastination. This will increase my chances of quitting. Changing of the brands I smoke will be key especially because it will make the act of <https://assignbuster.com/behavior-change/>

smoking less enjoyable.

Week 13

I will also wipe out any tobacco products from my work and rest space as these would easily cause a relapse.

I would also ensure that I am distracted and busy throughout.

I would utilize cigarette substitutes; like mints and toothpicks and eliminate cravings through doing pushups and brushing my teeth frequently. Use of rubber bands is also vital in reducing cravings.

Works cited

Richard, Kluger. Ashes to Ashes: Americas Hundred-Year Cigarette War, the Public Health, and the Unabashed Triumph of Philip Morris Paperback. 1996. NY. Alfred Knoff inc.