

# Take Control of Cravings and Urges

Most nicotine cravings only last 3 to 5 minutes.<sup>1</sup> Over time, they get weaker and come less often. You could still have some cravings, but they will just pass by. If you quit Cold Turkey, nicotine will be out of your body in about three days.<sup>2</sup>

## Try These Strategies

### The four D's:

- Delay.....Wait it out
- Distract yourself.....Do something else
- Deep breathe.....Release tension
- Drink water.....Satisfy the craving

### The two R's:

- Remind.....Go over your reasons to quit
- Refuse.....Think: it's not that you can't smoke, it's that you don't want to smoke.



## Quiet Your Noisy Cigarette Thoughts

### Understand urges

Urges for nicotine are normal. They will go away in just a few minutes, whether you smoke or not.

### Get to know your urges

How would you describe your urges? Ask yourself these questions and keep track of your answers:

- » How often?.....Count them
- » How strong ?.....Rate them
- » How long?.....Time them
- » What triggered them?.....Plan strategies

### Deal with your urges

Positive thoughts can be powerful tools for getting through urges. For example:

- » Close your eyes, take a deep breath, picture yourself in a special place (beach, mountains...).
- » Repeat positive messages like, "I look better and feel stronger," "My body is a temple," "I am in control," etc.

## Remember

You are in control, not the cravings and the urges!

<sup>1</sup>Very Well. (2018). An Overview of Nicotine Withdrawal. Retrieved 3/13/18 from <https://www.verywell.com/nicotine-withdrawal-4013682>

<sup>2</sup>American Cancer Society. (2015). Why People Start Smoking and Why It's Hard to Stop. Retrieved 3/13/18 from <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/why-people-start-using-tobacco.html>