REFLECTIONS ACTIVTY HANDOUT #3 HAHANDOUT #3

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| 1. 1   “I’ve tried to quit smoking more times than I can remember.” |
| 1. 2   “When I stop smoking I get crazy and restless.” |
| 1. 3   “Thinking about quitting is easy. Doing it is another story.” |
| 1. 4   “I should quit for my children.” |
| 1. 5   “How am I going to cope with cravings?” |

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| 1. 1   “I don’t think I’ll ever be able to lose weight. I’m too lazy and I like eating too much.” |
| 1. 2   “It’s really hard to find time to exercise – and eat well – when I’ve got two little ones at home.” |
| 1. 3   “My down-fall is fast food. I think I’m addicted to french-fries.” |
| 1. 4   “I’m not sure if I really want to change anything about my eating right now.” |
| 1. 5   “Do you always eat low-fat food?” |