REFLECTIONS ACTIVTY HANDOUT #3 HAHANDOUT #3

|  |
| --- |
| 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?”  |

|  |
| --- |
| 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?”  |