

Smoke Free

Breath Clean and Easy

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are completely free of cigarettes.

Tips for Success

Keep a daily journal and record any objective evidence that you are using tobacco less and less. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I am smoke free

I release my need for cigarettes

I release my need for tobacco

I release my desire for cigarettes

I release my desire for tobacco

I let go of my addiction to cigarettes

I let go of my addiction to tobacco

I release my addiction to cigarettes

I release my addiction to tobacco

I use healthy ways to release stress

I use healthy ways to release anxiety

I use healthy ways to release worry

I use healthy ways to relax

I only breathe fresh, clean air

I have healthy habits

I am a non-smoker

I release the use of cigarettes

I release the use of tobacco

I think positive thoughts about my health

I have healthy and strong lungs

my lungs are clean and disease free

my lungs are clean and healthy

my lungs are clean and strong

I enjoy breathing fresh, clean air

enjoy the smell of fresh, clean air

my tobacco use is only in the past

I forgive myself for my habits

I forgive myself for my mistakes

my body is healthy and strong

my organs are healthy and strong

I respect my healthy body

I take care of my healthy body

I enjoy my healthy body

I appreciate my healthy body

I love my healthy body

I love myself

I appreciate myself

I take care of myself

I respect myself

You are smoke free

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