


## 101 Replacements for Smoking a Cigarette

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There comes a time in every ex-smoker's life when we want a cigarette so bad we can taste it... and yet, we know we don't *really* want to go back to that stinking slavery and the feeling of failure again. Fortunately, these feelings, cravings and urges only last for a short time. Once you get busy doing something else instead of thinking about cigarettes, the urge disappears and you are back on track. Here is a list of things you can do to pull yourself out of the harm's way. Print it out and carry it with you along with your list of reasons you quit smoking..

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1. Quiet walk in the park.
  2. Play with a dog or cat.
  3. Play with children.
  4. Work on a jigsaw puzzle.
  5. Take a bubble bath for 1/2 hour.
  6. Listen to good music.
  7. Wash your car.
  8. Clean a closet or drawer.
  9. Write a friend a note.
  10. Hug someone today.
  11. Watch your favorite show on TV.
  12. Mow the Lawn.
  13. Play Scrabble.
  14. Walk the dog.
  15. Go for a brisk walk or jog.
  16. Clean the refrigerator out.
  17. Watch the aquarium fish.
  18. Meditate for 20 minutes.
  19. Say a prayer for someone.
  20. Bake cookies or a cake.
  21. Shop till you drop.
  22. Do some indoor gardening.
  23. Wash some windows.
  24. Read to an elderly person.
  25. Visit someone in a hospital.
  26. Go fishing.
  27. Drive around the block.
  28. Plant a shrub.
  29. Get a soothing massage.
  30. Try aromatherapy.
  31. Take some pictures.
  32. Browse through an online auction.
  33. Rent a DVD.
  34. Work on a crossword puzzle.
  35. Dance.
  36. Work out in a gym.
  37. Hit a punching bag.
  38. Read some poetry.
  39. Do some Yoga.
  40. Have a cup of tea.
  41. Sort the sock drawer.
  42. Browse a book store.
  43. Take up needlepoint.
  44. Fly a kite.
  45. Wash the car.
  46. Eat a pizza.
  47. Make hard-boiled eggs.
  48. Go to the library.
  49. Sweep the porch.
  50. Pick or buy flowers.
  51. Sing a song.
  52. Rearrange furniture.
  53. Make a new playlist.
  54. Fix something that's broken.
  55. Brush your teeth.
  56. Get a seafood dinner.
  57. Put up a backyard bird feeder.
  58. Read a book.
  59. Call your grandma or grandpa.
  60. Go for a hike.
  61. Make a protein milkshake.
  62. Draw or paint a picture.
  63. Play a musical instrument.
  64. Play Solitaire.
  65. Organize your calendar.
  66. Make a snowman.
  67. Treat yourself at the salon.
  68. Make a healthy snack.
  69. Repot your houseplants.
  70. Send an email.
  71. Read a magazine.
  72. Suck on some hard candy.
  73. Visit a florist to smell flowers.
  74. Read the newspaper.
  75. Go to a good movie.
  76. Bicycle around the block.
  77. Send someone a greeting card.
  78. Play a new CD.
  79. Cook up a new dish.
  80. Browse a new store.
  81. Have or do a pedicure.
  82. Shop for shoes.
  83. Watch a new show on TV.
  84. Talk to your sponsor.
  85. Take your daily vitamins.
  86. Play cards with someone.
  87. Pay a couple of bills.
  88. Make a terrarium.
  89. Play a videogame.
  90. Sit outside, listen to birds.
  91. Make a video film.
  92. Play an online game.
  93. Read some funny jokes.
  94. Enjoy the smells in a bakery.
  95. Listen to the ocean on tape or for real.
  96. Have hot chocolate.
  97. Drink a new juice.
  98. Chew on a licorice whip.
  99. Wax the car.
  100. Put photos in an album.
  101. Make love.
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