

In the moment...

REFLECTIONS ACTIVITY

HANDOUT #3

A. 1

"I've tried to quit smoking more times than I can remember."

A. 2

"When I stop smoking I get crazy and restless."

A. 3

"Thinking about quitting is easy. Doing it is another story."

A. 4

"I should quit for my children."

In the moment...

A. 5

“How am I going to cope with cravings?”

B. 1

“I don’t think I’ll ever be able to lose weight. I’m too lazy and I like eating too much.”

B. 2

“It’s really hard to find time to exercise – and eat well – when I’ve got two little ones at home.”

B. 3

“My down-fall is fast food. I think I’m addicted to french-fries.”

In the moment...

B. 4

"I'm not sure if I really want to change anything about my eating right now."

B. 5

"Do you always eat low-fat food?"