Activity 1
POSITIVE & NEGATIVE STRESS RESPONSES

Session 3 is designed to help you manage stressful situations in your life in order to help you stop smoking successfully. Some of you may already be experiencing your first few days without tobacco. Focus on the positive fact that this time is unique because this time you are going to STOP smoking for good.

In the area below, list some areas of stress in your life that you cannot change. Give both a positive and negative way of thinking about the issue.

Thought | Stress	Negative Response | Action	Positive Response | Action