# *Goodbye Letter Exercise 4A*

A “GOOD-BYE” LETTER TO

YOUR CIGARETTES

Spend a few minutes remembering all those pleasurable memories about you and your cigarettes. Part of becoming a permanent ex-smoker is accepting that these feelings are part of your past. The good news is that the negative experiences will be reduced as well.



If you wish, write your thoughts in the space below. Include the feelings you are having in the process of stopping smoking.

Dear Cigarettes:

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