

NYC Quits!

Use Music to Address Your Mood

For a smoker, reaching for a cigarette can be an automatic response to a feeling. One of the hardest parts of quitting smoking is reacting differently to emotions that make you feel like smoking. Identifying these feelings and moods, and how to deal with them with music, is one way to help you successfully quit.

	Time of Day	Strength of Craving S-strong M-moderate L-Light	Mood Use one word (i.e.: angry, sad, happy, stressed, content)	Song To what song can you listen to address your mood?
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				