

Print and cut out the quote cards below. There should be enough complete sets of the quote cards so that students can work in teams of 3 or four.

Not Addicted →	← Completely Nicotine Addicted
“My friend offered me a cigarette today. After I took a few puffs I started to cough and my throat and lungs felt really irritated.”	
“People make comments about me smelling like cigarettes. I don’t notice the smell but my friends do, even when I try to mask it with scented products.”	
“I feel like I’m really hooked on cigarettes. It’s more than just a habit at this point.”	
“My friends say that I’m not like myself lately. They say that I get grumpy and aggravated when I go too long without a cigarette.”	
“I don’t always enjoy smoking. I’ve actually tried to quit a few times but gave up because it was too hard.”	
“When I first started smoking I only smoked occasionally with friends. But now I find it impossible to keep myself from smoking, even where I am not allowed to like school.”	
“Even when I’m doing things I enjoy I can’t stop thinking about smoking. If I go too long without a cigarette the cravings get so strong it’s hard to think about anything else.”	



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"I always have to think about how I'm going to fit in my next smoke. I get anxious when I'm somewhere that I can't have a cigarette."

"I have spent so much time and money on all of my health issues. I knew smoking caused health problems but it seemed like they would never happen to me."

"My best friend smokes all the time. I've tried it after she kept offering them to me but the taste and smell grosses me out. I can't bring myself to have another one."

"I used to never smoke and now I only smoke socially. I've noticed I get strong cravings to smoke when I'm out with friends lately. It's getting harder to keep from smoking in social settings."

"I hate smoking. I hate what it's doing to my health and my relationships. But no matter how hard I try and how many times I try I just can't kick the habit."

"My parents would be so angry with me if they knew I was still smoking. I've gotten caught smoking out of my window before and I promised them I wouldn't do it again but I can't keep myself from doing it."

"I've smoked a few times and I'll probably do it again but only when I'm offered a cigarette. I would never spend my own money to buy a cigarette."

"I spend so much on cigarettes it's ridiculous. There have even been a few times where I was late on my phone bill because I had spent too much."

