Smoking without smoke

Are you or were you a smoker?

Take a break – the same time you would need to smoke a cigarette.
At the beginning, do the exercise in a quiet place where you are alone and can concentrate well. When you become more routine, you will be able to do the exercise whenever you want even when other people are present, when you are on public transport or at work.

Now imagine you are taking a cigarette out of its packet and are about to enjoy it. What do you prefer – with or without filter? Is the packet hard or soft? Are you using matches or a lighter to light the cigarette? Imagine holding the cigarette between your fingers, rolling it a little between them. Maybe you can take a quick puff. Feel the sensation between your lips. Enjoy it and think of everything that's important for you to enjoy the cigarette.

While you're vividly imagining what it feels like to smoke the cigarette, concentrate on all the pleasant feelings and other positive aspects you associate with smoking. Maybe you enjoy the taste, or perhaps this meditative act helps you to relax, or smoking helps you take a break and gives you a diversion. Think clearly about what aspects of smoking are the most pleasant for you and imagine the act of smoking as clearly and vividly as possible. Concentrate on the small things, for example just letting your thoughts fly by, or gazing into the distance. Picture everything exactly, relive the experience and enjoy every moment of it.

Finish the exercise by putting out your imaginary cigarette again.
After you've repeated the exercise a few times, you will find it easy to allow yourself the enjoyment of it while you're out and about or in the office and even when you're in the company of others.

Enjoy!!

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