Helpful ways to think

Making your thinking a friend of your goal

Notice what may hide in thinking

We all have thoughts and beliefs, priorities and feelings that can sit quietly in the background and protect our goals. Sometimes they just pop up before we notice and, if we smoke or vape, can make nicotine seem useful, normal or necessary, holding us to the old story.



When we change direction, our thinking needs to change direction too. It needs to support the new story, but old thoughts can catch us unawares and hold us back. It can take some time for them to catch up. We can help them make the switch.

From the old story to the new

There are three stages to shifting thinking.

1. We notice thoughts that fit the **old** story "*Nicotine gives me control*."
2. We notice thoughts that go **both** ways. "*Sometimes I feel it has control of me*."
3. We notice thoughts that fit the **new** story. "*Being nicotine-free gives me back control.*"

Our old story protects the old goal — nicotine use. The new story protects the new goal —pēpi and me, nicotine-free. In-between we can feel torn. We want and don't want to use nicotine.

Giving your thinking a new job

To help you become nicotine-free in pregnancy give your thinking a new job to do — help protect the new goal — and every step, big or small, towards it.

When an old thought pops up, we can **notice** it, **question** it and **bring** our thinking **back** to the new story. Let your thinking **become a friend** of your next step in that new story – pēpi and me, nicotine free.

Sorting your thoughts

Below are some thoughts people have about smoking and vaping. They are not right or wrong. Check how you think now and watch your thinking shift over time to protect your new story.

Thoughts that support nicotine	Thoughts that support nicotine-free	Thoughts that support both
☐ I love smoking/vaping	☐ I hate smoking/vaping	☐ A bit of both
☐ It helps with cravings	☐ It causes cravings	☐ It does both
☐ It makes me feel good	☐ It makes me feel bad	☐ Depends what I'm doing
☐ It's social	☐ It's anti-social	☐ Depends who I'm with
☐ Pēpi will be fine	☐ Pēpi will be harmed	☐ I try not to think about it
☐	☐	☐
☐	☐	☐

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