

TRIGGERS: SEEING SOMEONE ELSE SMOKE

ISSUE 7



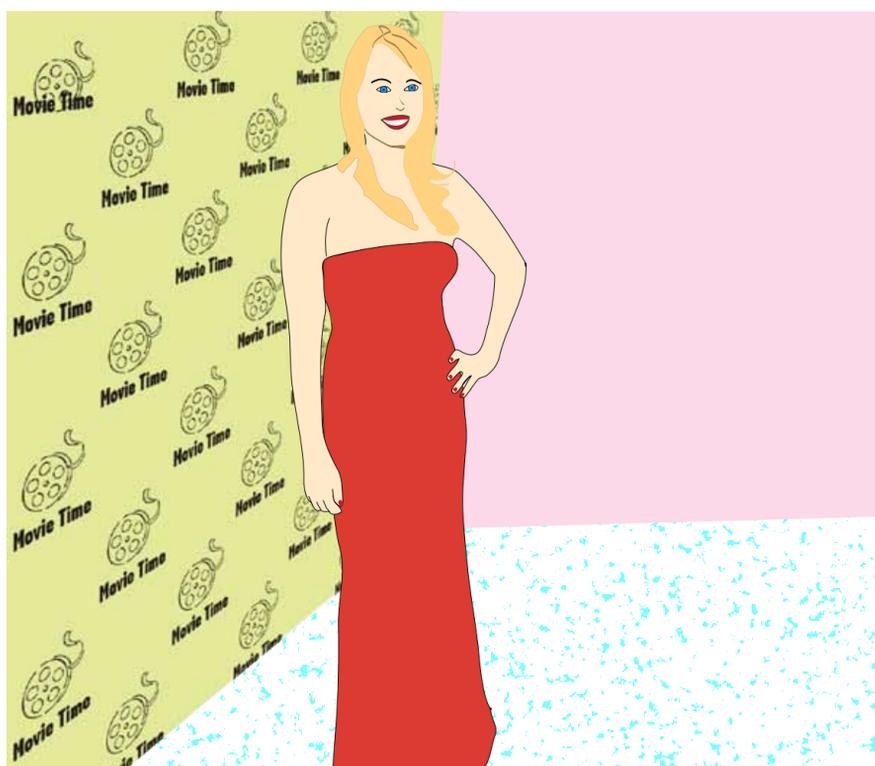
Penelope

Celebrity gossip for the rest of us

FriendSpace
messenger



Hollywood's new IT girl!



Yuck! See which new Hollywood "it" girl showed up smoking at the premiere of her new movie.

New movie coming out.



Coming soon to a
theater near you!

The reviews are in, and *Paris to New York* might be THE movie to see this year. Do you have your ticket yet?

What's new for this season? We have the inside scoop!



Your favorite office bad boys are back to their old tricks and bad habits this season. Fortunately, we've got the inside scoop to whet your appetite!



Omg did you see this celeb post?



No way! Can you believe she smokes?!



I know. She tweeted that pic last night.



Ugh! Crazy ... maybe it's for her new movie.



Ya. She smokes in all her movies.



So, does this mean you're not going to go with me to see it Friday?



Um, probably not. I'm totally failing at quitting smoking right now. That's just going to send me over the edge. I'm putting myself in timeout. :(



Okay, well let's still hangout on Friday and stream something instead.

I'll screen the movie first :P.



Good plan. But no Mad Men episodes.



Lol. Good call.



Omg they smoke so much in that show!



Oh man ... I wouldn't do that to ya! XOXO.



Let's review: Seeing somebody light up on screen can be a powerful smoking trigger. Tuning out, or literally turning off, these images will help you stay smokefree. Although no one expects you to give up your favorite show, it's okay to take a break from it if you think

it's going to trigger a craving. There are plenty of shows and celebrities to follow that don't smoke (or who have quit smoking). Reserve the right to veto things that are going to set you back.