

Are you struggling to kick the smoking habit? This year, Dr. Phil will help you! Print out the following cards and carry them with you. They're the next best thing to having Dr. Phil by your side when the urge to light up hits!



Dr.  
Phil

"HEY THERE! DR. PHIL WANTS YOU TO KNOW THAT I AM MAKING A SERIOUS COMMITMENT TO PROTECT AND PROLONG MY HEALTH, SO PLEASE DON'T TEMPT ME WITH CIGARETTES! THANKS FOR LOVING ME ENOUGH TO NOT GIVE ME CIGARETTES!"



Dr.  
Phil

"IF YOU LOVE THIS PERSON, DON'T GIVE THEM CIGARETTES OR ALLOW THEM TO SMOKE AROUND YOU! THANKS! THEY WILL LOVE YOU TOMORROW!"



Dr.  
Phil

"I'M GOING TO STOP SMOKING. DR. PHIL SAYS NOT TO GIVE ME A CIGARETTE EVEN IF I BEG YOU...REALLY...NO MATTER WHAT I SAY!"