



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY CARD

FIRST CLASS

PERMIT NO. 17

DURHAM, N. C.

POSTAGE WILL BE PAID BY -

NCM LIFE INSURANCE COMPANY

P. O. BOX 201

DURHAM, NC 27702-9970



IF YOU SHOULD SLIP

Don't let guilt or discouragement get the best of you. A SLIP DOES NOT MEAN YOU'VE FAILED! It's only a setback.

NO MATTER WHEN OR WHERE A SLIP OCCURS THESE STEPS WILL GET YOU BACK ON TRACK.

1. Throw out any cigarettes you still have.
2. Leave the place where the slip took place.
3. What events or feelings led to your slip? Figure out what you could have done instead of smoking and do it next time.
4. Read FREEDOM FROM SMOKING pages 47-49 to get back on track.
5. If you're slipping a lot, set a new quit date and start again with TIP SHEET 2.

"TIPS TO TAKE ALONG"

*Quit for
Life*

Keep this handy

CRAVINGS?

REMEMBER THE 4 D's

DO SOMETHING . . . keep busy take a walk, read a book or magazine, work a puzzle

DELAY . . . Remember, your craving will pass in 3 - 5 minutes, whether you smoke or not

DRINK WATER . . . up to 8 glasses a day. Keep a glass nearby when you get the urge to smoke

DEEP BREATHING . . . See page 12 - FREEDOM FROM SMOKING. Breathe in strength . . . Breathe out tension and bad feelings

TIPS TO KEEP YOU SMOKE-FREE

*TELL FRIENDS AND FAMILY HOW THEY CAN HELP YOU

*KEEP PLENTY OF CIGARETTE SUBSTITUTES ON HAND . . .

sugar-free gum, mints, toothpicks, straws, ex-smoker snacks

*Try to avoid places where people smoke

*Call Cynthia Campbell at the "QUIT FOR LIFELINE". She's there to help you reach your goal. Call toll-free anytime . . . U.S. 1-800-421-9103, NC 1-800-342-4588

IN CASE OF A SLIP, FOLLOW DIRECTIONS ON BACK OF THIS CARD.

"I QUIT CARD"

CONGRATULATIONS!

YOU'VE QUIT. KEEP UP THE GOOD WORK! AFTER A WEEK HAS PASSED AND YOU HAVEN'T SMOKED, TEAR THIS CARD OFF AND DROP IT IN THE MAIL. BE SURE TO FILL IN THE BLANKS BELOW SO WE CAN MAIL YOUR "I QUIT CERTIFICATE."

Please print:

NAME: _____

ADDRESS: _____

YOUR QUIT DATE: _____