

# Writing a Break up Letter

**Modern times and devices dictate that the fine and very personal art of Letter Writing is a thing of the past.**

The act of sitting in front of a sheet of blank paper, organizing our thoughts and finding ways to reflect the emotions we want to convey is still possible, though, and a very useful tool in the habit change arena.

The following exercise will be very useful, reinforcing and will probably open the door to our Because and And statements which we will cling onto when the con man comes to tell us we can sneak a puff!

The reasons we write down for deciding to quit may include health or financial explanations (have we done our cost of smoking exercise?), aspirational like wanting to run comrades, transactional like saving for a holiday or treat, and often relating to family, work or loved ones.

*"I know in families where parents smoke, their kids generally smoke too. I don't want my son/daughter to start this habit, so I'm quitting."*

*"My wife/husband/partner/parent hates me smoking, I love them so I'm quitting for them as much as for me"*

**From this comes the Because and And:**

I'm quitting **Because** I don't want my son to smoke so I'm setting an example by quitting **And** I'll use the money I'm saving to take the little guy on a safari.

I'm quitting **Because** I'm finding as I rise through the ranks in my company the directors and bosses I encounter generally don't smoke, they find it a bit skanky, so I'm on a fast track career path and I'm quitting **And** joining the company running team!

Be firm, start with **"Dear cigarettes or vape,"** and pour our hearts out.

And end with **"This is my honest and binding decision."**

It's maybe the most honest conversation we will ever have, and we can re-write this as we go along. And it is actually very liberating!