Remind yourself of the 15-30 minutes Rule:
Most inclinations typically keep going for under 15 to 30 minutes. When you feel the urge, it seems like an unfathomable length of time. However, if you can keep yourself occupied and do what you should, it'll rapidly be gone.

Don’t Rush:
Give yourself some time. Don’t tell yourself that you will never smoke, give yourself a break and take baby steps.

Distraction:
If you cannot change the situation, it can help to distract yourself from whatever is making you angry by counting to 10, listening to music, calling a friend to chat about something else, or doing housework.

Know your Triggers and Walk away from them:
Try to avoid facing your triggers; if you can’t, then simply remove yourself from the situation that provokes you to consume the harmful drug or substance. Allow yourself to cool down and think things through before you act.

Engage your mind:
Whenever you think about using, do something which involves mental work. Call a companion. Go to any place that doesn’t let you do drugs.

Positive Self Affirmations:
Whenever you feel the urge, remind yourself that you're stronger than this and can fight anything that life throws at you. Give yourself positive emotional boosters and motivational messages.

Talk to your friends:
Call a friend, help, or somebody in recovery. Share with them what you're experiencing. Engage in social activities.