

## Smoking Trigger Plan

When you know what makes you crave a cigarette, you can plan how to deal with it. Identifying your triggers and developing a plan for dealing with them, helps give you the control needed to overcome them.

First, identify all the places and situations where you smoke. Then, identify those that trigger your craving for a cigarette. Check all that apply.

- |  |   |
|--|---|
| <input type="checkbox"/> Waking up in the morning<br><input type="checkbox"/> With my morning coffee or tea<br><input type="checkbox"/> In my car on the way to work<br><input type="checkbox"/> At work, during breaks<br><input type="checkbox"/> After each meal<br><input type="checkbox"/> When socializing, especially drinking or eating with friends<br><input type="checkbox"/> At the end of my workday<br><input type="checkbox"/> When I talk on the phone<br><input type="checkbox"/> When I watch TV<br><input type="checkbox"/> When I am feeling stressed or tense<br><input type="checkbox"/> When I am upset or have had a argument with someone | <input type="checkbox"/> When I am angry and think I cannot express my anger directly (such as with a coworker or boss)<br><input type="checkbox"/> When I am bored<br><input type="checkbox"/> When I feel anxious or scared<br><input type="checkbox"/> When I feel lonely<br><input type="checkbox"/> After having sex<br><input type="checkbox"/> When I am writing, paying bills, or doing other tasks<br><input type="checkbox"/> Other _____<br><input type="checkbox"/> Other _____ |
|--|---|

Finally, develop strategies for how to cope with each of these triggers. Some examples follow:

Trigger:	How to Cope:
Talking on the phone	Hold a straw or doodle
Driving	Chew sugarless gum or munch carrot sticks
Being around other smokers	Stay in a smoke-free environment as much as possible, spend time with nonsmoking friends
Feeling tense or stressed	Exercise, take some deep breaths, or call a friend
Waking up in the morning	Go for a walk first thing in the morning, change the order of activities in the morning
Feeling sad or depressed	Take up a new hobby or play with a child or pet

My Triggers are...	And I Will Cope by...
1)	
2)	
3)	
4)	
5)	

Remember, doing anything worthwhile is tough. Have a realistic plan in place to prevent setbacks—and reach your goal!