



What are Your Smoking Triggers?

Circle any of the triggers in the table below that apply to you.

NICOTINE CRAVINGS OR NEED TO HANDLE SOMETHING	NEED AN ENERGY BOOST TO THINK/ CONCENTRATE	FEELING DOWN, DEPRESSED, BORED, STRESSED, OR UPSET	RELAXATION, FEELING POSITIVE, OR SOCIAL SITUATIONS	OTHER SMOKING TRIGGERS
I'm restless or irritable	I want to concentrate better	I'm feeling sad, blue, down in the dumps	I need to relax	Reading the newspaper, a magazine, or a book
I miss the taste or pleasure of a cigarette	I'm thinking through a problem	I'm bored	I'm tired and need a pick-me-up	Watching TV
I haven't smoked in awhile		I'm upset and need to calm down	I'm taking a break	Driving my car
I want to go through the ritual of lighting up and handling a cigarette		I'm in an argument	I want to reward myself and am drinking alcohol	Talking on the phone
When I need to do something with my hands		I'm dealing with an unexpected event or crisis	I'm having a good time	Getting ready for bed
		I'm under pressure or a time crunch		Waking up in the morning
		I'm worried or frightened		Drinking my morning coffee
		I'm restless, fidgety, or uptight		Drinking alcohol
				During a meal
				After a meal



Make an Action Plan to Stay Smoke-Free!

Use this table to list your top five triggers, identified on the previous page, and create your action plan to stay smoke-free.

My Action Plan for Coping with Smoking Triggers

Trigger	Temptation Removal	Coping Strategy