



# 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