

What Are Your Smoking Triggers?

Triggers are things that can make you want to smoke. When you know what your triggers are, you can plan to deal with them. The urge to smoke usually lasts just a few minutes.

Here are some examples to get you started with activities to do instead of smoking. Add your ideas and place a check beside the triggers that make you smoke. Write in a way to help you deal with each of them.

My triggers	Instead of smoking I will...
<input type="checkbox"/> When I wake up and start the day	<i>Take a shower immediately, or go for a walk</i> Your idea _____
<input type="checkbox"/> When I'm driving	<i>Chew sugarless gum or sing along to music</i> Your idea _____
<input type="checkbox"/> When I'm around other smokers	<i>Spend time in no-smoking places and with nonsmokers</i> Your idea _____
<input type="checkbox"/> When talking on the phone	<i>Hold a straw, doodle</i> Your idea _____
<input type="checkbox"/> When I'm feeling stressed	<i>Exercise, take deep breaths, call a friend</i> Your idea _____
<input type="checkbox"/> My morning coffee or tea	
<input type="checkbox"/> At work, during breaks	
<input type="checkbox"/> After each meal	
<input type="checkbox"/> Drinking or eating with friends	

Knowing your triggers is an important first step toward quitting smoking. The next step is to work with your healthcare provider to find ways to deal with them.

My triggers	Instead of smoking I will...
<input type="checkbox"/> At the end of the workday	
<input type="checkbox"/> When I watch TV	
<input type="checkbox"/> When I am upset or have argued with someone	
<input type="checkbox"/> When I am angry and cannot talk about it	
<input type="checkbox"/> When I am bored, nervous, or scared	
<input type="checkbox"/> When I feel lonely	
<input type="checkbox"/> After sex	
<input type="checkbox"/> When I am reading, writing, etc	
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	
<input type="checkbox"/> Other:	

Try to stay away from your triggers.
Ask your healthcare provider or a support person for help.

For more information, visit www.smokefree.gov