



Quit Smoking Worksheet #5: Plan How to Avoid Your Triggers

How To Use This Worksheet: Complete the items below and then print out the worksheet to keep handy. You can also print out the worksheet first and then fill it out by hand. (To print, click on “file” then “print” in the upper left of the page.) When you exit the worksheet, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

(1) Keep a Quit Journal to help you track your progress while you are quitting smoking.

You can write in the journal below or make your own. Keep your journal with you so you can easily use it. Be sure to record the time you have a craving to smoke, where you are, what you are doing, and what you are thinking or feeling. Rate how much you want the cigarette each time you have a craving.

(Craving level: 0 = None; 1 = Just a little; 2 = Some; 3 = A lot)

Quit Journal

Days Since I Quit	Craving Level	Time of Day	What I Was Doing...	Who I Was With...	My Mood...
Example	3	10:45	At work	Alone	Stressed
1					
2					

(Source: “Quitting Smoking for Older Adults” at www.NIHSeniorHealth.gov)

3					
4					
5					
20					

Try this activity for at least a few days, making sure to record 1 day during the week and 1 day on the weekend. You may even find that the time you take to complete the journal helps you smoke less.

(2) Identify your trigger situations.

Over the years, you have built up your own patterns around smoking. It is time to break these patterns. Think back over your daily smoking patterns. Think about when and why you smoke. There may also be certain activities you do in combination with smoking, like consuming alcohol. These are your “trigger situations.”

Write your three main trigger situations here. Be specific about the time and place -- such as “lighting up while watching the news after dinner” instead of “smoking in front of the TV.” Make sure it is something that happens at least once a day.

My 3 main trigger situations are...

1. _____
2. _____
3. _____

(3) How do you plan to avoid your trigger situations?

I will avoid the trigger situations above by...

1. _____
2. _____
3. _____