



## Quit Smoking Worksheet #6: **Plan How to Overcome Urges and Cravings**

**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.)

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### **(1) There are many ways to overcome urges and cravings.**

Cravings and urges to smoke are a common part of the quitting process. Planning in advance how to handle them can help you be successful in overcoming them when they occur.

#### **To overcome cravings and urges to smoke, I will...**

- Move to my favorite chair or sit in a different chair
- Take a few deep breaths
- Drink 6–8 glasses of water every day
- Not drink alcohol, coffee, or other beverages linked with smoking
- Keep smoking substitutes handy (like carrots, sugarless gum, flavored toothpicks, or breath mints)
- Exercise
- Visit with a good friend, eat a meal out, see a movie, play with a pet, buy flowers, or read to a child

- Share my feelings
- Meditate or pray
- Go somewhere where smoking is not allowed—a library, museum, theatre, store, places of worship, or nonsmoking areas at work

**(2) What are three more ways you can avoid urges and cravings to smoke?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**(3) Here are 39 cigarette substitutes that many successful quitters have found helpful. Check the ones that might be helpful for your or add your own.**

- |                 |                          |                      |                          |                  |                          |                       |                          |
|-----------------|--------------------------|----------------------|--------------------------|------------------|--------------------------|-----------------------|--------------------------|
| Apple           | <input type="checkbox"/> | Crocheting           | <input type="checkbox"/> | Movies           | <input type="checkbox"/> | Rubber bands          | <input type="checkbox"/> |
| Beads           | <input type="checkbox"/> | Crossword puzzles    | <input type="checkbox"/> | Needle crafts    | <input type="checkbox"/> | Sketch pad            | <input type="checkbox"/> |
| Breath mints    | <input type="checkbox"/> | Dill pickles         | <input type="checkbox"/> | Newspapers       | <input type="checkbox"/> | Stamp collecting      | <input type="checkbox"/> |
| Carrot sticks   | <input type="checkbox"/> | Favorite photos      | <input type="checkbox"/> | Orange juice     | <input type="checkbox"/> | Straws                | <input type="checkbox"/> |
| Catalogs        | <input type="checkbox"/> | Flavored toothpicks  | <input type="checkbox"/> | Paper clips      | <input type="checkbox"/> | String                | <input type="checkbox"/> |
| Chapstick       | <input type="checkbox"/> | Ice chips            | <input type="checkbox"/> | Paperback novels | <input type="checkbox"/> | Sugar-free hard candy | <input type="checkbox"/> |
| Chewing gum     | <input type="checkbox"/> | Inspirational verses | <input type="checkbox"/> | Pebbles          | <input type="checkbox"/> | Swimming              | <input type="checkbox"/> |
| Cinnamon sticks | <input type="checkbox"/> | Knitting             | <input type="checkbox"/> | Pens             | <input type="checkbox"/> | Walking               | <input type="checkbox"/> |
| Cloves          | <input type="checkbox"/> | Magnets              | <input type="checkbox"/> | Pencils          | <input type="checkbox"/> | _____                 |                          |
| Club soda       | <input type="checkbox"/> | Markers              | <input type="checkbox"/> | Playing cards    | <input type="checkbox"/> | _____                 |                          |
| _____           |                          |                      |                          | _____            |                          | _____                 |                          |
| _____           |                          |                      |                          | _____            |                          | _____                 |                          |