

Many common triggers are listed below with descriptions. Check your key triggers and add any that are missing. Then, circle your top 5 triggers and write a brief plan to deal with them.

Possible Trigger	My Plans to Deal With Triggers
<input type="checkbox"/> Nicotine cravings <ul style="list-style-type: none"> • I get cravings after I haven't smoked in a while • I miss the taste or pleasure of a cigarette 	
<input type="checkbox"/> Needing to handle something <ul style="list-style-type: none"> • I want the ritual of lighting and handling a cigarette 	
<input type="checkbox"/> Thinking and concentration <ul style="list-style-type: none"> • I want to concentrate or think through a problem 	
<input type="checkbox"/> Feeling depressed, tired, or bored <ul style="list-style-type: none"> • I'm feeling sad, blue, or bored 	
<input type="checkbox"/> Feeling angry or stressed out <ul style="list-style-type: none"> • I need to calm down, take a break or relax 	
<input type="checkbox"/> Feeling "up" and positive <ul style="list-style-type: none"> • I'm having a good time or want to reward myself 	
<input type="checkbox"/> Social situations <ul style="list-style-type: none"> • Social events, time with friends, around other smokers 	
<input type="checkbox"/> Eating or drinking <ul style="list-style-type: none"> • When drink coffee, alcohol or after a meal 	
<input type="checkbox"/> Other activities of daily living (check all that apply): <ul style="list-style-type: none"> <input type="checkbox"/> Driving in a car <input type="checkbox"/> Reading or watching television <input type="checkbox"/> Talking on the telephone <input type="checkbox"/> Waking up in the morning 	
My other tobacco triggers	

Nicotine Addiction and Triggers

Nicotine addiction is caused by a physical dependence on nicotine as well as behavioral habits.

The behavioral habits part of the addiction is your response to your smoking triggers. In certain situations, you have learned to smoke in response to a trigger.

In order to stay smoke-free, you must decide ahead of time what actions you will take to deal with these triggers.

It is important to break the link between these triggers and automatic smoking.

If you can do so before your quit date, your quit effort will be easier.

Get help with
your quit
attempt today.

Identifying
My Smoking
Triggers



IF YOU WERE
WAITING
FOR A
SIGN
THIS IS IT!