



TRIGGERS: LIGHTING UP ON AUTO-PILOT!

Most cigarette smokers will find themselves reaching for and lighting up a cigarette without even thinking. This automatic action is usually linked with a certain activity or a feeling the smoker is having at that given moment. This mindless action is known as a smoking “trigger” and is the result of the smoking habit.

On average a pack-a-day smoker takes 200 puffs on a cigarette every day. This repetition of smoking is what connects daily routines with smoking; so everyday activities like driving, finishing a meal, drinking coffee, talking on the phone, taking a break, or stress all become a “trigger” to light up.

To help you break the habit of smoking start by changing the way you go about your daily activities. This will begin to disrupt your smoking triggers and help you avoid smoking. You can do this by looking at your smoking habit and finding out what your smoking triggers are.

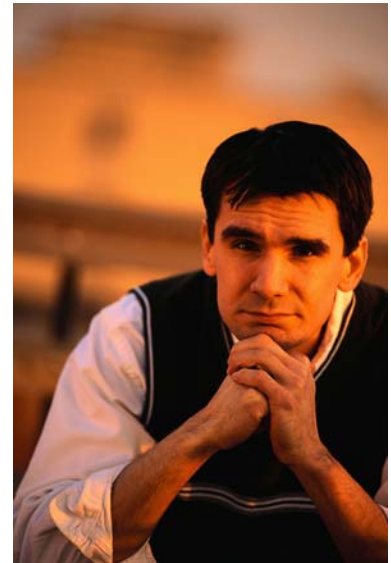
By using the chart, you can find out what your triggers are and which triggers are stronger than others. Once you know what your triggers are, you can start thinking of ways to disrupt or avoid those triggers. This will help you stay away from smoking.

Chart Directions:

The chart lists some common triggers. Beside each trigger mark whether or not the trigger does not make you want to smoke (**DOES NOT**), somewhat makes you want to smoke (**SOMEWHAT**) or gives you a very strong urge to smoke (**STRONG**).

Once you have completed the list, look at the triggers you marked **STRONG**. Start to think about what you are going to do to avoid that trigger or what change you can make to disrupt that trigger. Then do the same for the triggers you marked **SOMEWHAT**.

*Good luck and remember the more prepared you are to fight urges,
the better chance you will have at becoming a non-smoker.*





URGE TO SMOKE	DOES NOT	SOMEWHAT	STRONG
MORNING			
When I first wake up			
With coffee			
After Breakfast			
HOME/OFFICE			
Between tasks			
About to start a new project			
After lunch			
After a long meeting			
With smoking buddies			
OUT ON THE TOWN			
In the car			
Out with friends			
After a meal			
With drinks			
Parties or social events			
Watching or playing sports			
EVENING AT HOME			
Going home			
After dinner			
Relaxing (watching TV/reading)			
Talking on the phone			
At the computer			
Just before bed			
EMOTIONS/FEELINGS			
Need a pick me up			
Celebrate a win/congratulate myself			
After an argument/confrontation			
To relax or unwind			
Boredom/killing time			
Angry			
Depression			
Feeling Blue			
OTHER (Write your own)			