

# My Smoking Triggers

Make a list of your smoking triggers - the people, places or things that make you want to smoke. Beside each trigger, write down something you can do to avoid smoking, or to do instead of smoking.

## What makes me want to smoke:

*E.g: Sitting in traffic*

*E.g: Visiting a friend who smokes*

## What can I do?



*E.g: Instead of smoking I can call a friend, listen to a podcast, turn on my favorite playlist.*



*E.g: Tell friend I'm quitting smoking, suggest meeting at my home where it is smoke free, keep visit short so that friend doesn't take a smoke break during visit.*
















