



Smoking and Manage Your Triggers

Use this worksheet to record what triggered the cravings and it's effect. Share your findings with your doctor.

Trigger	Suggested Strategies	What Triggered the Craving?	How Effective? On a Scale of 1 to 10. (1 = least effective; 10 = most effective)
It's fun.	<ul style="list-style-type: none">• Play catch with your kid.• Go for a bike ride.• Play a game.• Catch a movie.		
It helps me relax.	<ul style="list-style-type: none">• Take a hot bath.• Get a massage.• Meditate. Breathe deeply. Inhale and exhale slowly for three minutes.• Catch a movie.		
I like socializing with other smokers.	<ul style="list-style-type: none">• Join a smoking cessation group.• Have lunch with a supportive, nonsmoker friend.		
It's a reward.	<ul style="list-style-type: none">• Give yourself a present.• Take yourself to the movies.• Treat yourself to a spa treatment.		
It gives me something to do with my hands.	<ul style="list-style-type: none">• Carry a worry stone or squeezable stress ball.• Try knitting or crochet.• Carry a notepad and pen to doodle.• Get a book of mazes or other puzzles.• Get yourself a manicure.		
It relieves my boredom.	<ul style="list-style-type: none">• Try a crossword puzzle.• Read a book.• Do something physically active.		