

COPING STRATEGIES WORK SHEET

Certain high-risk situations for smoking can be successfully managed with three basic techniques. These include changing, escaping, or avoiding the situation. Here are some examples:

If you always have a cigarette with your morning coffee, **CHANGE** to tea. You may decide to go home early to **ESCAPE** being around smoking friends. You may choose to **AVOID** going to the store where you always bought your cigarettes.

Now review your triggers to smoke. When could you use these strategies to cope? Fill in the blanks.

Change the situation: _____

Escape the situation: _____

Avoid the situation: _____

Basic techniques will work in some situations but not all. What you **think** and what you **do** is also very important. These are referred to as cognitive and behavioral techniques. It is important to learn and practice both. In fact, it is most effective when you combine both **THINKING** and **DOING** in a high-risk situation. Here is a list of examples. When would these techniques be helpful to you?

COGNITIVE TECHNIQUES

Positive Self-talk

Rote Response

Imagery

When Will I Use This Coping Skill

BEHAVIORAL TECHNIQUES

Deep breathing

Quick inhalations

Drinking water

Physical activity

Using a cigarette substitutes

Going to a smoke-free area

Calling a support person
