

NONSMOKING GAME PLAN: COPING WITH HIGH RISK SITUATIONS WORKSHEET

High Risk Situation Week of _____

For each specific high risk situation, describe the vent, persons you might be with, what you might be doing, thinking or feeling at the time. List the specific coping strategies you will use to avoid smoking in each case.

REMEMBER: *Avoid, Alter, use Alternatives*

HIGH RISK SITUATIONS

SPECIFIC COPING STRATEGIES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____