



(617) 726-7443

Pack Wraps

WHAT ARE PACK WRAPS?

Pack wraps are a tool we use to obtain a baseline of your smoking behavior. It will help to identify your triggers to smoke. It is also a way to figure out your daily dose of nicotine.

WHAT IS A TRIGGER?

A trigger is an activity, thought, or feeling, which results in a craving for a cigarette. Examples of activities are: driving, coffee break, end of a meal, socializing, talking on the telephone, watching TV or reading. Examples of feelings are: bored, anxious, happy, nervous, sad, frustrated.

INSTRUCTIONS FOR USING PACK WRAPS -

Wrap the pack around your pack of cigarettes and hold with a rubber band. Be sure to carry a pencil or pen with you. BEFORE lighting up, Unwrap the pack and write down:

- the time of day
- what you are doing that triggered the urge to smoke (activity)
- what you are thinking or feeling that triggered the urge to smoke
- rate the cigarette for a scale of 1 to 3
 - o 1 - would not have missed it
 - o 2 - average need
 - o 3 - can do without

Keep the pack wraps for at least two days - (four days is better) - one during the week and one on the weekend, as smoking habits may differ.

We know that many people dislike keeping records, but feedback from the smokers we have worked with has been that keeping pack wraps is a very useful learning experience! It will help you understand your smoking patterns, and if you smoke more than one pack a day, it can help you cut down the number of cigarettes you smoke before quitting.

NAME _____

DATE _____ DAY OF WEEK _____

Wrap this Pack Wrap around your pack of cigarettes and secure it with a rubber band. When you are about to take a cigarette But before you actually put it in your mouth and light up (1) enter the time of day; (2) check the activity you are doing, (3) check the word or words that best describe your feeling at the time, and (4) indicate how important that particular cigarette is to you at the time: 1 = MOST IMPORTANT 2 = ABOVE AVERAGE 3 = LEAST IMPORTANT.

| | Time | Food &/or Alcohol | Relaxation | Work | Social/Recreational | Driving | Other (please describe) | Angry | Bored | Depressed | Frustrated | Happy | Relaxed | Tense/anxious | Tired | Need Rating MostLeast |
|----|------|-------------------|------------|------|---------------------|---------|----------------------------|-------|-------|-----------|------------|-------|---------|---------------|-------|--------------------------|
| 1 | | | | | | | | | | | | | | | | 123 |
| 2 | | | | | | | | | | | | | | | | 123 |
| 3 | | | | | | | | | | | | | | | | 123 |
| 4 | | | | | | | | | | | | | | | | 123 |
| 5 | | | | | | | | | | | | | | | | 123 |
| 6 | | | | | | | | | | | | | | | | 123 |
| 7 | | | | | | | | | | | | | | | | 123 |
| 8 | | | | | | | | | | | | | | | | 123 |
| 9 | | | | | | | | | | | | | | | | 123 |
| 10 | | | | | | | | | | | | | | | | 123 |
| 11 | | | | | | | | | | | | | | | | 123 |
| 12 | | | | | | | | | | | | | | | | 123 |
| 13 | | | | | | | | | | | | | | | | 123 |
| 14 | | | | | | | | | | | | | | | | 123 |
| 15 | | | | | | | | | | | | | | | | 123 |
| 16 | | | | | | | | | | | | | | | | 123 |
| 17 | | | | | | | | | | | | | | | | 123 |
| 18 | | | | | | | | | | | | | | | | 123 |
| 19 | | | | | | | | | | | | | | | | 123 |
| 20 | | | | | | | | | | | | | | | | 123 |

| | Time | Food &/or Alcohol | Relaxation | Work | Social/Recreational | Driving | Other (please describe) | Angry | Bored | Depressed | Frustrated | Happy | Relaxed | Tense/anxious | Tired | Need Rating | | |
|----|------|-------------------|------------|------|---------------------|---------|----------------------------|-------|-------|-----------|------------|-------|---------|---------------|-------|-------------|-------|---|
| | | | | | | | | | | | | | | | | Most | Least | |
| 1 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 2 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 3 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 4 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 5 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 6 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 7 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 8 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 9 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 10 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 11 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 12 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 13 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 14 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 15 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 16 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 17 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 18 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 19 | | | | | | | | | | | | | | | | 1 | 2 | 3 |
| 20 | | | | | | | | | | | | | | | | 1 | 2 | 3 |