

“TRIGGERS” FOR SMOKING

Think about the different times or situations in which you usually smoke. These situations may **trigger** your smoking in different ways. For example, you may automatically light up a cigarette whenever you get in the car. The trigger here is “getting in the car”. We call such situations **“Triggers for Smoking.”**

You can begin to understand your own triggers for smoking by looking over the Pack Wraps you keep this week. After keeping Pack Wraps for three days, list below as many of your own triggers as possible. In addition, to the event or what you were doing when smoking, also list what your mood is like and what you might be thinking at the time.

Learning about your own triggers can help you quit and quit for keeps. Read the example below before beginning to list your own trigger situations.

Event or What You’re Doing	Feeling	Thinking
Example: <i>Driving to work</i>	<i>Tense, frustrated</i>	<i>How will I ever get anything done today!</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		