

## DISCOVERING YOUR SMOKING TRIGGERS

### TRANSCRIPT

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The experiences that create the powerful urge to smoke are called triggers. Discovering what triggers you to smoke, and avoiding them, will help you quit and stay quit.

To help you understand what your triggers are, keep a smoking diary for a few days. Write down every cigarette you smoke, when and where you smoked it, and what you were feeling at the time.

As you review your smoking diary, think about what situations might trigger you to light up. Are they physical, emotional or out of habit?

Do you notice any patterns? Do you smoke when stressed? Do you have a cigarette after a meal?

Once you know what your smoking triggers are and when you are most likely to light up, it is time to think about what you will do when you can no longer smoke.

You will identify coping strategies. These are things that you can do to try to give you the same feeling that smoking did – such as relaxation – without actually smoking.

*"I find, you know, it's helpful if I'm angry or something to just get up and take a walk. Just get up and just start doing something else. Just, you know, keep yourself busy. Go wash dishes or clean up the kitchen, or start a project or just take a walk. Take a drive. Listen to music."*

By identifying your coping strategies before you quit, you'll be prepared for your triggers when they happen.