

Discovering Your Triggers

The experiences that create the powerful urge to use tobacco are called “triggers”.

Discovering what triggers you and avoiding them will help you quit and stay quit.

To help you understand what your triggers are, keep a tobacco diary for a few days.

Write down every time you use tobacco, when and where you are, and what you are feeling at the time.

As you review your tobacco diary, think about what situations might trigger you. Are they physical, emotional, social, or environmental?

Do you notice any patterns? Do you use tobacco when stressed? Maybe after a meal?

Once you know what your triggers are, it is time to think about your coping strategies.

These are things that you can do to try to give you the same feeling that tobacco did, such as deep breathing or exercise, without actually using tobacco.

“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.”

To quit and quit for good, identify what triggers you to use tobacco. From those patterns, identify your coping strategies before you quit so you can be better prepared to handle your triggers when they happen and stay quit.