



Smoking Triggers



Overview

Some things make it really hard to stop smoking. We call these "triggers." Let's learn about triggers and how to deal with them.

Emotional triggers

The first type of trigger is called an "emotional" trigger. This intense emotion makes you want to smoke. Feelings like anxiety and boredom can trigger you. Some feel triggered when they're excited or satisfied. To deal with this, try to find other ways to cope with emotions. Listen to music. Exercise. Take slow, deep breaths. Talk with others.

Pattern triggers

The next type is called a "pattern" trigger. For example: if you always smoked while watching TV, that is a pattern for you. Now, just watching TV makes you want to smoke. Talking on the phone, driving, or drinking alcohol can all be triggers. To manage them, find another way to stay busy. Try chewing gum or squeezing a ball. Go for a walk. Change your routine so you can't smoke.

Social triggers

The next type is called a "social" trigger. These are places or activities where you'll be around other smokers, like bars and parties. To deal with these, just avoid them. Ask your friends to support you while you kick your habit.

Withdrawal triggers

The last type is called a "withdrawal" trigger. These are feelings caused by a lack of nicotine. You may feel restless. You may crave the taste of a cigarette. Even just smelling cigarette smoke or handling a cigarette can set off intense cravings. To deal with them, distract your mind.

Conclusion

If you're trying to stop smoking but can't, ask your doctor to help you find a way to quit.