

## Dealing with Cravings: Know Your Triggers

There are behaviours, feelings and situations that will trigger your urge to use tobacco, even after you have stopped feeling withdrawal symptoms. Being aware of what triggers your desire to smoke is useful in order to develop ways to deal with or avoid these situations.

Review your Cigarette Tracker after one week and see if you can identify your triggers so you can plan ahead to reduce the cravings and break your smoking pattern. Use the chart on the following page to list each trigger and identify what you can do differently the next time the situation occurs.

Examples are given in the chart below:

Triggers: When you most crave a cigarette	Plan for Avoiding or Substituting
Waking up	<ul style="list-style-type: none"> <li>▪ Have a drink of water immediately</li> <li>▪ Don't linger</li> <li>▪ Have a shower right away or go for a workout</li> </ul>
Talking on the phone	<ul style="list-style-type: none"> <li>▪ Change when you talk on the phone</li> <li>▪ Use your cell and go for a walk</li> </ul>
Having a drink	<ul style="list-style-type: none"> <li>▪ Avoid alcohol in the beginning</li> <li>▪ Change your regular drink-try something spicy</li> </ul>
Watching TV	<ul style="list-style-type: none"> <li>▪ Take up knitting or do something with your hands</li> <li>▪ play with a stress ball</li> </ul>
Having a coffee	<ul style="list-style-type: none"> <li>▪ Switch to tea or drink juice or water</li> <li>▪ Change the time you drink your coffee</li> </ul>
Social events	<ul style="list-style-type: none"> <li>▪ Avoid events where smoking is allowed</li> <li>▪ Go with a non-smoking friend and ask for help</li> <li>▪ Bring a prop like a cinnamon stick</li> </ul>
After meals	<ul style="list-style-type: none"> <li>▪ Get up from the table right after your meal</li> <li>▪ Brush your teeth immediately after eating</li> <li>▪ Go for a walk or do the dishes</li> <li>▪ If out for dinner, take a cinnamon stick</li> </ul>
Being with a previous smoking buddy	<ul style="list-style-type: none"> <li>▪ Visit your smoking buddies in places where they can't smoke - like movies, restaurants or concerts</li> </ul>
With friends or family	<ul style="list-style-type: none"> <li>▪ Tell your friends and family in advance that you quit and to support you by not smoking around you</li> </ul>
Driving in the car	<ul style="list-style-type: none"> <li>▪ Keep inspirational tapes in the car</li> <li>▪ Try a different route</li> <li>▪ Take transit or carpool if possible</li> </ul>

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