

My Tobacco Triggers

What matters most of be about being smoke-free or reducing smoking?

When I face a craving, I want to remember _____

Identify my triggers

Trigger type	What it includes	Examples	My Specific Triggers
External	Environmental cues and routines	Coffee, driving, porch, gas station, after meals, smell of smoke, seeing cigarettes or lighters	
Internal	Emotional, physical, and mental states	Stress, fatigue, anxiety, frustration, boredom, loneliness, hunger, restlessness, excited	
Social	Interactions, expectations, and group settings	Being offered a cigarette, alcohol use, celebrations, coworkers' breaks, friends who smoke	

Helpful reminder: *"I notice an urge; I do not have to obey it."*

Planning questions

"What can you change, avoid temporarily, or pair with a new behavior?"

"What does your body or mind need that a cigarette does not truly provide?"

"What could you say or do before the situation becomes difficult?"

My Values Consistent Alternative Plan

Chose alternatives that are realistic, brief, and available to you. The goal is not to make the craving disappear on demand. The goal is to make a choice that supports your health, freedom, and priorities.

Example Alternative Plan

Trigger situation	Automatic smoking story	Values-consistent alternative
Morning coffee	"Coffee means cigarette."	Drink coffee in a different location, hold a straw or mug, take five slow breaths
Stress	"I need a cigarette to calm down."	Step outside briefly, exhale slowly, walk, stretch, drink water
Driving	"A cigarette keeps me company."	Play a prepared audio track, chew gum, hold a cold drink, take a different route if useful
Loneliness or boredom	"Smoking gives me something to do."	Text someone, shower, tidy a small space, do a brief task with hands

Trigger situation	Values-consistent alternative

Ideas for Alternative Actions

Trigger situation	Values-consistent alternative
After meals	Brush teeth, use mouthwash, rinse dishes, chew gum, take a brief walk
Coffee or morning routine	Drink coffee in a different location, hold a straw or mug, keep your hands occupied
Stress or anxiety	Deep breathing, drink water, stretch, go outside, use a grounding exercise
Driving	Keep gum or mints in the car, play an engaging audio track, have a cold drink, take a different route
Boredom or loneliness	Text or call someone, shower, do a small task, do a hands-busy activity (e.g., woodworking, puzzles)
Social offers or breaks	Say “no thanks”, leave the area, shop at a different store where the cashier won’t hand them to you

Remember: “I can allow this urge to come and go. I can pause, breathe, and choose what serves me.”