

My Quit Date

Track Your Triggers

Do certain emotions trigger your urge to smoke? How about certain people or places? Knowing the things that trigger you to smoke can help you avoid them in the future. Check off any of the things below that might prompt you to smoke. Or, write down a few of your own.

- | | |
|--|-----------------------------|
| <input type="radio"/> Boredom | <input type="radio"/> _____ |
| <input type="radio"/> Frustration or anger | <input type="radio"/> _____ |
| <input type="radio"/> Being with smokers | <input type="radio"/> _____ |
| <input type="radio"/> Drinking alcohol | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |