

TEAR-OUT DIARY

KNOW YOUR TRIGGERS

Get to know the situations and emotions that make you crave cigarettes. When you know what these are, you can make a plan to do something different during these times.

TIMES WHEN I USUALLY SMOKE	HOW I'M FEELING	WHAT I CAN DO INSTEAD OF SMOKING
<i>With cup of coffee at 7 am</i>	<i>Stressed</i>	<i>Have a shower</i>
<i>I've had an argument</i>	<i>Angry</i>	<i>Tell someone how I feel</i>

Use this diary to help you understand your triggers so that you can begin to control your cravings.

Here is how to use it:

1. Tear out the diary and pin it up where you can see it or keep it with you.
2. Every time you have a craving, think about what you're doing and how you feel about it.
3. Do something else to take your mind off it and make sure to record this in your diary.

If you're in a situation when you can't write down your craving, think about the steps above and then make sure to make note of it later for future reference. As you work out the links between your cravings and behaviour, you'll find that you will actively avoid smoking without even having to think about it.

You can print off more diary pages at www.quit.org.nz