

Common Triggers and Coping Techniques

Triggers are situations that might prompt you to use tobacco. They can be a place, activity, feeling or thought. Put a star (★) next to your triggers and add any others that aren't on the list. Coping techniques are things that you can do instead of using tobacco. They can help you get through the craving. Circle (○) the things in that column that you think might work for you and add any that aren't on the list.

Triggers

Coping Technique

Talking on the phone	→	Doodle
Watching television	→	Play solitaire
Drinking alcohol	→	Drink a non-alcoholic beverage
Drinking coffee	→	Drink juice or water
Stressful day	→	Relaxation technique
Leaving work	→	Schedule workout
Being on a work break	→	Go for a walk
Getting into a car	→	Ride a bike; use straws
Finishing a meal	→	Brush teeth
Studying	→	Chew on straw; drink fluids
Sitting in favorite chair	→	Do relaxation technique in it
Walking to school/work	→	Changing routes
Smoking friends	→	Ask them not to smoke in your presence
Reading	→	Chew on carrot sticks
H.A.L.T. (Hungry, Lonely, Angry, Tired)	→	Cold water on face, drink cold beverage; sleep; have snack; call friend
