

Inova TobaccoNET

Session 3: Personal Activity

After you stop using tobacco, some feelings and situations can still trigger an urge for tobacco. Some typical situations are listed below. As you read the list, check those in which you usually find yourself using tobacco. Add to the list any feelings or situations that are triggers for you.

Your Activity for the Week: Identify Triggers and Plan Coping Actions

As you identify your triggers, come up with an alternate activity that would replace the trigger. Use this planning sheet to summarize your triggers and coping actions. Keep it simple. Use three or four substitutes or coping strategies at first, and then add more if you need them.

My Personal Tobacco Triggers are:	For this Situation, I Plan to:
___ Upon Waking	
___ Driving in the car, especially to and from work	
___ Reading a newspaper, magazine, or book	
___ Work breaks	
___ Watching television	
___ Finishing a meal	
___ Talking on the telephone	
___ During social events	
___ When involved in an argument or confrontation	
___ Any crisis or unexpected event	
___ Working under pressure	
___ Waiting for an appointment	
___ Drinking alcohol, coffee or tea	
___ When in pain	

- * Doodle
- * Chew sugarless gum
- * Work with your hands: sew/knit/crochet
- * Chew on vegetable sticks
- * Exercise
- * Get a drink of water
- * Squeeze a small rubber ball

- * Do a crossword puzzle
- * Eat a piece of sugar-free hard candy
- * Do deep-breathing exercises
- * Brush your teeth
- * Work in the yard
- * Clean your glasses
- * Work on a hobby