

Coping Techniques

After triggers are identified, it can be helpful to think of different ways to deal with them prior to the situation arising. Knowing how to deal with an urge before it occurs helps to make quitting easier. Feel free to list additional triggers and ways to cope with those triggers.

| Triggers | Coping Techniques |
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| Feeling bored | Take a walk. |
| Coffee | Switch the cup to the hand you used to have your cigarette in. |
| Eating | Brush your teeth. |
| Stress | Breathe deep. |
| Driving | Take a different route. |
| Waking up | Eat breakfast right away and get started with your day. |
| Alcohol | Try to avoid while trying to quit. |
| Watching TV | Find a new hobby. |
| Talking on the phone | Doodle. |
| Being around others who smoke | Tell those who smoke that you are trying to quit. |
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