

Instead of Smoking, I can...

Why I smoke	Instead, I can...	My Ideas
"It stimulates me"	<ul style="list-style-type: none"> - Go for a walk. - Take some deep breaths. - Take a break. 	<hr/> <hr/> <hr/> <hr/> <hr/>
"I want something in my hand"	<ul style="list-style-type: none"> - Chew gum. - Munch on raw vegetables. - Chew on a straw. 	<hr/> <hr/> <hr/> <hr/> <hr/>
"It feels good"	<ul style="list-style-type: none"> - Make a list of other things that make you feel good and try them. - Buy something with the money you are saving by not smoking. 	<hr/> <hr/> <hr/> <hr/> <hr/>
"It's a crutch to deal with emotions"	<ul style="list-style-type: none"> - Talk to a friend about how you are feeling. - Take a "time out" from the situation. - Take some deep breaths. 	<hr/> <hr/> <hr/> <hr/> <hr/>
"I'm hooked"	<ul style="list-style-type: none"> - Talk to your doctor or pharmacist about the patch, gum or pill - When you get an urge, practice the 4 D's: Drink water, Delay, Deep Breathe, Do something else. 	<hr/> <hr/> <hr/> <hr/> <hr/>
"It's part of my routine"	<ul style="list-style-type: none"> - Change your routine. - Rearrange the furniture. - Remove ashtrays. - Clean your house and car. 	<hr/> <hr/> <hr/> <hr/> <hr/>
"I'm a social smoker"	<ul style="list-style-type: none"> - Avoid the places you usually smoke. - Spend more times with non-smoking friends. - Do different things with your smoking friends. 	<hr/> <hr/> <hr/> <hr/> <hr/>

Smoking Record

Week of: _____

Goal: _____ by: _____

Record time of cigarette and factors surrounding. Rate Craving 1-5.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							
Night							
Total							
Triggers/ Feelings							