

# Ways to Deal with My Triggers

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When you want to smoke, how does the cigarette help? Does it fill time? Cut down stress? Help wake you up? Try to think of other things you can do that will help in the same way. For example, when you feel stressed, what could you do instead of smoking? You could take a time-out, get a drink of water, do some deep breathing.

For each trigger, fill in two or three things you could do instead of smoking.

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**When I want to smoke (triggers)**

**What I'll do instead (strategies)**