Emotional Triggers

Make a plan for what you need to do when you experience emotional triggers. Below are some ideas used by others, as well as space for you to write your own ideas.

WHEN I FEEL	INSTEAD OF SMOKING, I WILL
Sad	Write in my journal Call a loved one Go for a long walk Cry if I feel like it
Angry	Lift Weights or go running Write an angry letter and not send it Apologize if I hurt someone's feelings
Afraid	Pray Chew on a swizzle stick Drink water
Happy	Celebrate with non-smoking friends Laugh with a full breath

WHEN I FEEL	INSTEAD OF SMOKING, I WILL
Sad	
Angry	
Depressed	
Afraid	
Happy	
Frustrated	