

# Emergency Plan

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**P**lan ahead and prepare yourself in the event of an emergency:

**YOU ARE ABOUT TO SMOKE...YOU PANIC...WHAT WILL YOU DO??!!**

**Suggestions:**

1. If possible, get out of where you are.
2. Start taking deep breaths.
3. Promise yourself you will not smoke in this state of mind; calm down first, then decide.
4. Make yourself wait out the crisis.  
Sit on your hands if you have to.
5. Read a page out of your workbook or journal.
6. Call a friend.
7. Distract yourself in some way.
8. Remind yourself of your reasons for quitting.
9. Remember that in the long run, smoking will only make the situation worse.
10. Tell yourself over and over again, **“Smoking is NOT an option for me. I am a non-smoker.”**

**Possible High-Risk Situations**

jot down ways you would deal with these high risk situations:

You are offered a cigarette at a party.

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A friend lights a cigarette and tells you how good it is.

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You are having a fight with your spouse or significant other.

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You just got a speeding ticket.

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You have lunch with an old friend who used to be a smoking buddy.

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You are at a party and they are serving alcohol.

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