**Stop Smoking worksheet**



Stopping smoking is one of the hardest and healthiest things you'll ever do. You may have tried before. You may have succeeded for a long time. If you're smoking today and want to quit, the first thing you need to do is make a solid plan for it. Use this worksheet to help create your plan.

Why do you want to quit?

Write as many reasons as you'd like, but be specific. Writing "to be healthier" isn't enough. You need to dig deeper into how not smoking will help you make you healthier (I'll be able to breathe better. I won't cough as much, etc.). You'll use these very specific whys throughout the process.

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What date will be your official quit day? Is there a special reason for this date?

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Will you be using a stop smoking aid (patches, medication, etc.)?

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What triggers you to smoke?

These might be things like it's a habit to have a smoke when you sit down for breakfast or when you smell coffee. You might smoke when you are driving or if you arrive early to work to kill time. You might smoke when you're around others who are smoking or you're out with friends having a drink. You might reach for a cigarette when you are stressed or sad.

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When facing these triggers, what can you do instead of smoking?

Examples: Have breakfast with a non-smoker friend instead of eating alone at home. Eat breakfast first, then immediately get up from the table. Suck on hard candy when you're driving or chew on a straw. Get out and stretch or take a walk around the parking lot if you arrive early to work.

**Trigger Alternative to smoking**

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When you cannot avoid being around others who smoke, how will you handle this?

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If stress is a trigger, how can you better deal with it?

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When you get a craving, what can you tell yourself to get through the moment?

*I don't smoke.*

*My willpower is stronger than this craving*

*I'm feeling stressed, so I'll take a walk*

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Before you begin, what tasks do you need to complete? (cleaning the car, washing drapery, etc. to remove the smoke smell. Rake up any stray butts from the yard or parking area. Throw or pack away ash trays, lighters, etc.)

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Who will be part of your support team (family, friends, support group)?

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How will you reward yourself when you stop smoking?

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Additional thoughts

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