

No matter what your triggers are or what the situation is, be prepared! Before you go someplace where you may be around smokers, say to yourself “Yippee, I am smoke-free!”



What do you think are some of your smoking triggers? Write down a potentially dangerous situation for you and what you might be able to do to avoid relapsing.

Potential situation: \_\_\_\_\_

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What can you do about it? \_\_\_\_\_

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Perhaps you find yourself in a situation where you are out with friends and you are offered a cigarette. What will you do? Will you be able to resist or will you give in to the pressure?



### *Exercise – Your Response*

Think of what your response will be to anyone who offers you a cigarette. Visualize yourself refusing the offer.

What could you say? \_\_\_\_\_

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