



## Triggers - Lighting Up on Auto Pilot!



### What are "triggers?"

- ▶ Do you smoke when you drink coffee, drive, talk on the phone, or when you feel stressed? You may want to light up with these activities or feelings. These are smoking triggers.



### Everyday activities can be connected to smoking

- ▶ A pack-a-day smoker takes about 200 puffs on a cigarette every day. Repeated smoking connects daily habits with smoking.
- ▶ Everyday activities like driving, finishing a meal, taking a break, or stress can become a "trigger" to light up.



### Time to tame your triggers

- ▶ Break your habit by changing the way you go about your daily activities. Begin to break up your smoking triggers to avoid smoking.



### How to tame your triggers!

- ▶ Drink coffee where you can't smoke, talk on a your phone in a public space, drive a different route or car-pool with non-smokers. For more great ideas visit [www.nysmokefree.com](http://www.nysmokefree.com).

### Find out what your triggers are. Take steps to break them

- ▶ Chart your triggers using the form on the back of this page.
- ▶ Check off how strong they are for you.
- ▶ Change how you handle triggers that are somewhat strong or strong.
- ▶ Call the Quitline for support during tough times.  
1-866-NY-QUITS (1-866-697-8487)



THE URGE TO SMOKE IS....	NOT STRONG	SOMEWHAT	STRONG
<b>MORNING</b>			
When I first wake up			
With coffee			
After Breakfast			
<b>HOME/OFFICE</b>			
Between tasks			
About to start a new project			
After lunch			
After a long meeting			
With smoking buddies			
<b>OUT ON THE TOWN</b>			
In the car			
Out with friends			
After a meal			
With drinks			
Parties or social events			
Watching or playing sports			
<b>EVENING AT HOME</b>			
Going home			
After dinner			
Relaxing (watching TV/reading)			
Talking on the phone			
At the computer			
Just before bed			
<b>EMOTIONS/FEELINGS</b>			
Need a pick me up			
Celebrate a win/congratulate myself			
After an argument/confrontation			
To relax or unwind			
Boredom/killing time			
Angry			
Depression			
Feeling Blue			
<b>OTHER (Write your own)</b>			