Without question, smoking is a powerful addiction. But even if you’ve tried to quit before, don’t give up hope. There is too much to lose when you smoke. And you deserve to be healthy!

Cigarettes are designed to be highly addictive products that make it extremely difficult to quit smoking. We want to support your efforts to help your break free of cigarettes and lead healthier lives.

Throughout the *Break the habit: Commit to quit* education and awareness campaign, we’ve recommended that you get your free copy of the booklet, “*Quit smoking for good: Where to start in order to stop successfully.”*

The booklet is full of practical tips and tools for preparing to quit and quitting for good. For example, the physical addiction of smoking is amplified by how much smoking becomes part of your daily routine. You may find yourself reaching for a cigarette even when you don’t feel a physical craving—it’s just a habit attached to an activity.

In the booklet, we suggest that you write down these habits–or triggers—for smoking. In fact, take a few minutes and start filling this out.

|  |  |  |  |
| --- | --- | --- | --- |
| **I reach for a cigarette when …** | **Always** | **Sometimes** | **Never** |
| I feel stressed or nervous |  |  |  |
| I feel angry |  |  |  |
| I feel tired, depressed or bored |  |  |  |
| I need to occupy my hands |  |  |  |
| When I have a cup of coffee |  |  |  |
| After I eat |  |  |  |
| While I’m talking on the phone |  |  |  |
| When I have an alcoholic drink |  |  |  |
| When I watch TV |  |  |  |
| When I’m with other people who are smoking |  |  |  |
| When someone offers me a cigarette |  |  |  |
| To celebrate something |  |  |  |
| Driving |  |  |  |
| During a work break |  |  |  |
|  | | | |
| **List other situations that you associate with smoking** | | | |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

If you found this exercise insightful, be sure to get your copy of “*Quit smoking for good: Where to start in order to stop successfully*” by <insert instructions here>. The booklet will help you make a quit plan that works for you!