

Taking Control of Triggers

Step One: Review

Review your list of triggers. These may change over time so it helps to keep an updated list.

Step Two: Ask Questions

Ask yourself some questions that can help you determine your response:

- Am I bored?
- Is stress becoming difficult for me?
- Are some emotions taking over; things like as feeling down, angry, or anxious?
- Am I lonely?
- Habits - What activities am I doing that were usually associated with tobacco use?
- Support - How are people responding to my “Quit” status?

Step Three: Make a Plan

How did you answer the questions above? If you noticed some questions stood out more than others, focus on them. Develop a plan to help you deal with and manage ongoing triggers.

| Trigger | Plan |
|---------------|--|
| Feeling bored | <ul style="list-style-type: none">• Get busy!• Develop a schedule• Review lists of activities in your area• Play a game on your phone or get active |
| Stress | <ul style="list-style-type: none">• Review your stress management strategies• Talk to a friend about the pressures you feel• Go for a walk or bike ride• Take a break or a day off• Do some breathing exercises, yoga, or other relaxing activity |
| Emotions | <ul style="list-style-type: none">• Take stock of what you are feeling• Think about why you’re experiencing these feelings• Do something you enjoy to improve your mood• Talk to someone about how you’re feeling |
| Lonely | <ul style="list-style-type: none">• Contact a friend• Go out to a movie• Get together with family• Attend a concert |
| Habits | <ul style="list-style-type: none">• Review the habits that were linked to using tobacco• Try to recognize old patterns and not fall back into them• Remember to change your patterns and find new ways to do things |
| Support | <ul style="list-style-type: none">• Seek out people who support your decision to stay quit• Don’t hang out with friends when they are smoking• Stay away from activities that make you want to use tobacco• Review your reasons for quitting and talk to someone about them |