

# Coping with Triggers

**1** Make a list of the social situations, activities and emotions that spark a strong urge to smoke.

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**2** List a few simple strategies you can use to avoid or diffuse triggers so you can be prepared.

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**3** If you have previously tried to quit but were not successful, make a list of rationalizations (arguments) for smoking that you fell prey to.

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**4** Divide into two groups to share your triggers and methods of coping.