

Manage Cravings and Beat Smoking Triggers

Know your “triggers”

As every smoker knows, certain times of the day, situations, places, moods and people will “trigger” an **intense craving** to smoke. For example, drinking coffee or a glass of wine, driving or stressful feelings can make you want to light up. Learn to recognize your smoking triggers before your quit date so you can be prepared. Make a list!

Triggers often fall in one of four categories

- 1. Emotional** - stress, anxiety, excitement, boredom, depressed mood, loneliness, happiness, etc.
- 2. Pattern** - drinking coffee, alcohol, telephone conversations, driving, watching TV, work breaks, etc.
- 3. Social** - seeing others smoke, parties, bars, celebrations, etc.
- 4. Withdrawal** - craving taste or smell of cigarettes, needing to do something with your hands, etc.

Helpful ways to combat your triggers

