## **Tracking Your Tobacco Triggers**

Use the chart for 1 to 3 days to help you better understand what triggers your urge to use tobacco. This can help you plan how to cope with your triggers when you quit.

Time of Tobacco Use	Tobacco Triggers	Mood	Need (Yes, Maybe, No)	What to Do for Next Time
1:15 p.m.	social event with friends	celebration	maybe	It helps if I'm with others who don't smoke.
6:45 p.m.	argument with family members	angry	yes	Take a break and walk away.

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