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.*

(over)

Time of Tobacco Use	Tobacco Triggers	Mood	Need (Yes, Maybe, No)	What to Do for Next Time

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