

## Identify Your Smoking Risk Situations.

Smoking can become “automatic” for a lot of people. You may not even realize when and why you smoke. If you filled out your “Smoking Log (C)” you may have seen some patterns. Use what you wrote to check off your Smoking Risk Situations below. Use the blanks to fill in any others you can think of.

### Why?

Part of preparing for your quit is knowing what these situations may be. That way you can be prepared with strategies to work around them.

#### Times of day

- Mealtimes or just after a meal
- When I get home from work
- Watching TV or listening to the radio
- Talking on the phone
- Having a cup of coffee or tea
- When I first wake up

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## People

- Being with other smokers
  - When someone offers me a cigarette
  - Family stress
  - Meeting a friend who smokes
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## Places

- At work
  - At home
  - Outdoors
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## Feelings

- Angry
  - Bored
  - Happy or relaxed
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