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Use the Step-by-Step Quit

Guide

Talk to an Expert

Find Tools to Help You Quit

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Quitting

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Smoking Triggers

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What are your "triggers"?

Certain things trigger, or turn on, your need for a cigarette. They can be moods, feelings, places, or things you do. Knowing your triggers helps you stay in control. Put a check next to things that tempt you to smoke:

- Feeling stressed
- Feeling down
- Talking on the phone
- Drinking liquor, like wine or beer
- Watching TV
- Driving
- Finishing a meal
- Playing cards
- Taking a work break
- Being with other smokers
- Drinking coffee
- Seeing someone else smoke
- Cooling off after a fight
- Feeling lonely
- After having sex

My other triggers are:

I'm finished Clear

Quit Smoking
TODAY!
we can help



"I haven't smoked a cigarette in over 6 months. I never thought I would get this far."

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