

Coping strategies for high risk situations

There are certain situations where you might find yourself particularly wanting a cigarette and where you might find it difficult to resist the urge to smoke.

Use the form below to identify situations that you might find difficult and what you could do to overcome them.

Identify smoking triggers and try to avoid them – Triggers may be anything from driving, friends who smoke or smoking paraphernalia such as ash trays.

Think positive. This can strengthen your will power and increase your confidence. Some people say to themselves that they want to save money or improve their health more than they want the cigarette.

SITUATION	POSSIBLE SOLUTIONS

TRIGGERS	POSSIBLE SOLUTIONS

Positive statement that you could make: