

FFS Quit Plan, Part 2



Now that you have stopped smoking, you need to check your coping strategies. Look at those that work and those that don't work as well.

Write three things you have done that helped you stay away from cigarettes.

For example: *Take a deep breath when I have the urge to smoke.*

1. _____

2. _____

3. _____

Now, list a few situations coming up this week that may tempt you to smoke. Then, write in things you could do instead of smoking.

Situation

What to Do Instead

For example:

*Drinks with co-workers after
work on Friday.*

- 1. Decide not to go this time.*
- 2. Go, but avoid alcohol.*
- 3. Ask a friend to help me avoid smoking.*

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