

Smoking situation log

If you're in the process of quitting, understanding the triggers that tempt you to smoke will be useful for avoiding the temptation.

Date/Time	Smoking situation What you were doing, who you were with, what did you feel like?	Craving strength*	Did you smoke?	If yes What are you going to do the next time the situation arises?	If no What did you do to resist the urge? Will you be so strong next time?
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		
		1 2 3 4 5	Y / N		

*Craving strength - how strong was the urge?

1. Very weak - passed without much thought
2. Weak - lasted about five minutes
3. Moderate - took a bit of effort to resist
4. Strong - was difficult to shake off
5. Very Strong – took over and lasted for ages

You can use the information you write down here to develop strategies to help you avoid certain situations where you're likely to smoke.

Visit www.quitwithhelp.ie for quit smoking tips and a personalised quit plan.