

PLAN AHEAD – PART ONE

Adapted from American Lung Association- Freedom from Smoking Curriculum

To change your smoking habit, you need to know as much as you can about what causes you to smoke. Then you can make a plan to help you become smoke-free.

Step 1: Look over your “Pack Tracks” cards. If you mainly circled:

Happy Face



→ You smoke mostly to relax, feel good and enjoy good times. Think about where and when you smoke and who you are with.

Blah Face



→ You smoke out of boredom or habit. Think about where and when you smoke your “bored” cigarettes.

Unhappy Face



→ It’s likely that you smoke when you are tense, angry or upset. Think about why, when, and where you smoke your unhappy cigarettes.

Step 2: Plan ahead for things you will do instead of smoking all of those cigarettes.

- Look at the cigarettes that you needed the most. These are the ones you marked “YES”
- Below, write the time, place, and mood for your THREE (3) MOST IMPORTANT cigarettes. Then fill in a substitute for smoking that can ease your mood

	Time /Place :	After dinner cigarette
Example	Mood:	Relaxed, happy, looking for a way to end the meal
	Instead of smoking I could:	Have some mint or other herbal tea or green tea
Cigarette 1	Time/Place:	_____
	Mood:	_____
	Instead of smoking I could:	_____
Cigarette 2	Time/Place:	_____
	Mood:	_____
	Instead of smoking I could:	_____
Cigarette 3	Time/Place:	_____
	Mood:	_____
	Instead of smoking I could:	_____