

PLAN AHEAD – PART TWO

Adapted from American Lung Association- Freedom from Smoking Curriculum

Now that you are tobacco-free, you need to check your coping strategies. Here are two steps to help you think about what works and doesn't work and how to plan ahead for situations in where you may be tempted to smoke.

Step 1: Write three things that you have done that have helped you stay away from tobacco:
→ **Example:** *I take a deep breath when I have the urge to smoke*

① _____

② _____

③ _____

Step 2:

Now, name two or three situations coming up this week that may make you want to smoke. Then write in things you could do instead.

Situations I may face this week:

What to do Instead:

① _____

→ _____

→ _____

→ _____

② _____

→ _____

→ _____

→ _____

③ _____

→ _____

→ _____

→ _____