

# SMOKING SCENARIOS

Here is a list of scenarios that may cause you to be tempted to not be tobacco-free. Have a plan in case you ever find yourself in one of these situations. Work with your small group to come up with a plan and write it down!

Scenario	Your Plan
<p><b>Your Smoking Friend.</b></p> <p>A friend you haven't seen in a while gets into your car and starts to tell you about her recent breakup. Before you know it, she begins to cry and she lights up a cigarette. You are now a non-smoker and don't allow smoking in your car. What would you do?</p>	
<p><b>Family Tragedy.</b></p> <p>There is a tragedy in your family and it's a stressful for time for everyone. What would you do to remain smoke-free?</p>	

Scenario	Your Plan
<p><b>At a Party.</b></p> <p>You are at a party and you are having a good time. It's crowded and many people are smoking. You recently stopped smoking. What do you do?</p>	
<p><b>Social Pressure</b></p> <p>You have recently stopped smoking. You are out at a bar with friends. One of them says. Come out and smoke with me...you're no fun since you stopped smoking?! What would you do?</p>	

<b>Scenario</b>	<b>Your Plan</b>
<p><b>Found Cigarettes.</b></p> <p>You are cleaning out your closet and you find an old pack of cigarettes in a jacket pocket. You think of having one just to see if you still like them. What do you do?</p>	
<p><b>Cigarettes at the Store</b></p> <p>You stop by your local convenience store and the clerk has a pack of cigarette waiting for you on the counter. You are struggling to stay off cigarettes. What do you do?</p>	

<b>Scenario</b>	<b>Your Plan</b>
<p><b>Non-Smoking Home</b></p> <p>You post a “No Smoking” sign outside your apartment door. Your friend comes over, sits down and lights up. What do you say?</p>	
<p><b>Other Scenarios</b></p>	