

My Trigger Action Plan



Triggers are things or situations that make you want to use tobacco. Having a plan for what to do when you encounter that trigger will help you in your journey of becoming tobacco-free.

In the worksheet below, list your triggers for using tobacco. For each trigger, write what you can do to avoid setbacks. Remember the four D's: **DISTRACT** yourself, **DRINK** water, **DELAY** for five minutes, and take **DEEP** breaths.

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For more information, visit
optimahealth.com/quitsmoking

