



Week 3: Dealing with Cravings: Things that make you want to smoke:

- Seeing someone else smoking
- Being in a place where you used to smoke
- Hanging out with people you used to smoke with
- Feeling stressed out
- Wanting to celebrate something

Think back on your smoking diary at the start of your workbook. Can you list some things that made you want to smoke and the cravings you've dealt with on your journey:

Now write down some tips and ideas you can use to manage your cravings:

E.g., drinking more water



ABC Form:

Your practitioner will show you how to use this helpful tool to learn about your behaviours. Please write your answers in the boxes provided.

At First:

- Before you did the behaviour what were you doing?
- What were you feeling? • What were you thinking? • Who were you with?

Behaviour

- What did you do?

Consequences

- What happened after this? • How did you feel?

The 3 R's - Remove Replace Routine

These are the 3 R's that can help us when we feel like we want to smoke. They are:

- Remove - take away the thing that makes you want to smoke.
- Replace - find something else to do instead of smoking.
- Routine - make a plan to stop you from wanting to smoke again.

If then Plans



These are tools that we can use during your journey as they can help you remember what you need to do to stay on track. Think about "if" something happens, "then" you know what to do:

if?

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then...

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Preventing Relapse:

The difference between addiction and habit:

- Addiction is when you keep doing something, even if it is bad for you, and you find it hard to stop. You might need help from other people to stop.
- A habit is something you do often because you are used to it. Some habits are not good for you and can become an addiction. Remember, it can take just as long to break a habit as it took to make it in the first place.

Changing a habit is a journey. It is important to know that it can take as long to break a habit as it did to form it and that changing a habit is a journey. It is different for everyone and will take a different amount of time for each person.





Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	