



# Week 8: The Unexpected and Managing Situations:

**Reflection:** What changes have you noticed since you quit smoking? List any side effects or benefits or things you like to talk about and talk about them with your practitioner:

.....

.....

## Unexpected impact exercise:

What changes have you seen since quitting and increasing your physical activity?:

## Dealing with Tricky Situations

Use this table to help you handle cravings and triggers in tough situations. Your practitioner will assist you in finding solutions:

[illegible]



## Reflection and top tips for the future

What has been helpful?	What really has not been as helpful?
<i>E.g., my stop smoking practitioner's support</i>	



## 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?	