



Breaking unhealthy habits around smoking



Here we present two main ways to break unhealthy habits. Have a think about which would work best for you:

- You could consider avoiding the cue or trigger. For example, the cue is having a smoke while walking alone to work. You could try cycling, catching the bus or walking with a friend
- You could change what you do in response to a cue. This might be putting something in place of smoking, such as talking with a friend on the phone.

Take a moment to think about the cues in your environment. Think about positive cues as well as negative cues you could change to help you stay smoke free. You might want to print these off and fill them in later:

1. Replacing or changing the cue (or trigger)

Current cues I already have in my environment are:

New cues which could trigger me to stay smoke free which I could add to my environment are:

Cues that trigger me to be tempted to smoke that I could remove from my environment are:

2. Change the way you respond to a cue (or trigger)

A replacement activity I could do after experiencing a trigger (which normally makes me want to smoke) is:

Something positive I could tell myself after experiencing a trigger (which I did not give in to) is: