

My Quit Plan

Understand My Triggers

Triggers are the things that make you want to smoke. [Being aware of your triggers](#) can help you plan ahead for how to deal with the places and situations that make you reach for a cigarette. When you first quit, try to avoid your triggers to help you stay in control. After staying smokefree for a while, you may be able to find other ways to handle your triggers.



Dig Deeper

Keep track in a journal or on your phone of when and where you have the urge to smoke. When you think about those moments, what caused them? Over time, you may start to notice patterns when triggers happen and when it is easier or harder to avoid them.

Plan Feel-Good Activities

Quitting smoking is not an easy process. Bad moods, poor sleep, and strong cravings are just a few of the things you may feel when you quit. That's why it's important to celebrate your successes, whether big or small. Think of some feel-good activities to reward yourself for all of your achievements. Doing something positive or enjoyable may also help you on a bad day to feel a bit better and help you cope with tough times or setbacks.



Need Some Ideas?

Make a playlist of your favorite songs, call a friend, or do some volunteer work.

Handling Setbacks

It's very common for people to have [slips or relapses](#) during the quitting process. The important thing is to not dwell on having smoked again, but to quickly move forward to get yourself back on track. Try these steps:

- Consider whether or not you want to reset your quit date.
- Reread the reasons you have identified for why you want to quit.
- Be proud of yourself for all of the times you didn't smoke.
- Think about what caused you to smoke and how you would handle it differently next time.



Did You Know?

Most smokers need to try multiple times before they quit for good. Think of setbacks as a way to learn about what works for you and what doesn't, and use that knowledge in your next quit attempt.