

# My Personalized Quit Plan

Name: \_\_\_\_\_

My Quit Date: \_\_\_\_\_

Follow-Up Appointment: \_\_\_\_\_

## Reasons to Quit

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*Examples: It costs too much, I can't use tobacco in a lot of places*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Triggers

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**Triggers are situations that prompt you to want to smoke.**

*Examples: After a meal, driving, stress, feeling bored, feeling sad*

Trigger 1	What will I do?
Trigger 2	What will I do?
Trigger 3	What will I do?
Trigger 4	What will I do?
Trigger 5	What will I do?
Trigger 6	What will I do?

## Things to do Instead

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*Examples: Go for a walk, Call a friend who supports your quitting, Hang out in places you're not allowed to use tobacco*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Support

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Who can support me at home?

Who can support me at school?

Who can support me at work?

Which friends will help me the most when I'm quitting?

Which friends will be less helpful when I'm quitting?

## Other Support Strategies

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*Examples: Nicotine Replacement Therapy patches or gum, Call 1-800-Quit-NOW, Get online support at [www.becomeanex.org](http://www.becomeanex.org)*

- 1.
- 2.
- 3.
- 4.

## Rewards of Quitting

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- 1.
- 2.
- 3.
- 4.