

# My Triggers

**Read the following list of triggers and tick those that you think might cause you to smoke.**

- When I'm stressed or anxious
- When I'm angry or upset
- When I've just eaten a meal
- When I'm bored
- When I'm drinking alcohol
- When I want to get away from work for a few minutes
- When I'm having a cup of coffee
- When I need time out from the kids or other responsibilities
- When I want to feel less hungry
- Other triggers (add them below)

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