

Surviving in Social or high risk situations

There will always be some situations where you will find it very difficult to resist the urge to smoke. Thinking about these in advance and making a specific plan will make it easier to stay smoke free.

Create a Survival Plan for each 'high risk' situation.

MY SURVIVAL PLAN...

The high risk situation is... (e.g. drinking in a pub, meeting friends who are smokers, when I am bored)...

I will use medication in the following way to not smoke...

(e.g. take NRT 30 mins before I meet my friend, get an inhalator to use when my cravings are strong)...

I will get the support I need to not smoke by... (e.g. asking my friend to not smoke in front of me)...

I will manage the triggers/routines that may cause me to want to smoke by... (e.g. asking to meet in a different café, asking my partner to cook dinner, drinking tea instead of coffee)...
