

Life Coach to Quit Smoking

Habits and Reasons for Quitting

Name: _____ Date: _____

Below is a list of POSSIBLE EVENTS for when you smoke. **Tick** the ones that apply to you. If any of those times are not on this list, then on page 2 write them under the title "Other events".

Give careful consideration to when you smoke. Up until this point in your life those times were operating automatically with little to no conscious thought. So apply mindful attention to when you smoke. **This information is vital so that I can help you become a non smoker.** The more complete and specific you are about your times, the more effective your Quit session will be.

✓	Possible Times May Be:	What to do Instead
	Boredom / When not engaged in doing something.	
	Filling in time when you have nothing to do.	
	As a reward after completing a task / As a motivator to do a task.	
	Coffee / With drinks (alcohol). With Soft drinks / Cordial.	
	With meals / After meals / Over eating.	
	Smell of cigarette smoke / Being offered a cigarette / Anti smoking adds.	
	Rebelling against smoking adds / Seeing people smoke on TV / Seeing other people smoke.	
	Being around friends, relatives, a partner or associates who are smoking.	
	Being around a specific good friend, who when you just see each other makes you want to smoke.	
	Socialising in a public place with strangers smoking around you.	
	At the TAB / When you're at the race track.	
	Just seeing people smoke no matter the setting / Smoking when you go on holiday.	
	Before work / Work breaks / After work.	
	Getting in the car / Driving anywhere / driving to work / Long car trips / Just sitting in your car.	
	Just sitting in your car bored waiting for a friend, partner, family member or college.	
	Insomnia / Frustration at trying to get to sleep.	
	To deal with confrontation / When Angry / When afraid.	
	To relieve stress (general) / Work or relationship stress.	
	To calm down after an argument with your partner, family member, colleague or friend.	
	To feel calm and secure / To feel good	
	When feeling overwhelmed / When depressed.	
	Before sex / After sex.	
	Guilt after overeating / After having sweets.	
	Rebelling against doing something you are told to do and/or that you do not want to do.	
	To deal with the demands of clients / customers / Family.	
	When you get up in the morning / When you go to bed at night.	

	When your having lapses or trouble concentrating.	
	When you are talking on the phone / When you hear the phone ring.	
	When watching TV / When watching a movie/ During commercial breaks.	
	When using your computer at home or at work.	
	When reading.	
	Playing electronic games, board games, mobile phone games or activity books	
	Playing card games, playing video games at home: X-box, Playstation, Nintendo.	
	Before or after using recreational Drugs.	
	To relax and unwind.	
	To help make decisions.	
	For emotional support.	
	Instant gratification.	
	When socialising.	
	Smoke when you see a single cigarette / When you see a pack of cigarettes.	

Other Times : List below :-

List 3 reasons that are motivating you to quit. Give details. (*while money may be a motive, people will often manage to find the money, so it is not a good reason. Try to find another one.*)

Reason 1

Reason 2

Reason 3

List 3 BENEFITS that are motivating you to quit. That is 3 POSITIVES you are looking forward to as a result of becoming a non smoker. Give details.

Reason 1

Reason 2

Reason 3

Amount saved: \$ _____

What will you do with your savings? _____

Note: Think about a time in your life when you felt amazing – (even if you were smoking) a time when you were in total control of your life, possibly a wedding or a party – something that makes you feel good.