

Life Coach to Quit Smoking

Habits and Reasons for Quitting

Name:		Date:	
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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.

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

<input type="checkbox"/>	When your having lapses or trouble concentrating.	
<input type="checkbox"/>	When you are talking on the phone / When you hear the phone ring.	
<input type="checkbox"/>	When watching TV / When watching a movie/ During commercial breaks.	
<input type="checkbox"/>	When using your computer at home or at work.	
<input type="checkbox"/>	When reading.	
<input type="checkbox"/>	Playing electronic games, board games, mobile phone games or activity books	
<input type="checkbox"/>	Playing card games, playing video games at home: X-box, Playstation, Nintendo.	
<input type="checkbox"/>	Before or after using recreational Drugs.	
<input type="checkbox"/>	To relax and unwind.	
<input type="checkbox"/>	To help make decisions.	
<input type="checkbox"/>	For emotional support.	
<input type="checkbox"/>	Instant gratification.	
<input type="checkbox"/>	When socialising.	
<input type="checkbox"/>	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.*)

<i>Reason 1:</i>	
<i>Reason 2:</i>	
<i>Reason 3:</i>	

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.

<i>Reason 1:</i>	
<i>Reason 2:</i>	
<i>Reason 3:</i>	

Amount saved: \$ _____

Click Here: [Calculator](#)

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.