

Patient Name: _____ Patient DOB: _____/_____/_____ Today's Date: _____/_____/_____

Smoking Trigger Questionnaire (PHA 16/7/23)

This questionnaire is designed to assist you in compiling your individual smoking trigger list, which will be used during your TMS assisted quit smoking program. A smoking trigger is a circumstance that makes you want to smoke.

Please go through the questionnaire rating how each smoking trigger affects you in general. For each listed trigger please rate how strongly this trigger will make you want to smoke:

- 0 > This trigger does not elicit a urge to smoke
- 1 > This trigger elicits a mild urge to smoke
- 2 > This trigger elicits a moderate urge to smoke
- 3 > This trigger elicits a strong urge to smoke

Emotional Triggers

1. When I am stressed.
2. When I am anxious.
3. When I am excited.
4. When I am bored.
5. When I am down.
6. When I am happy.
7. When I am lonely.
8. When I am satisfied.
9. To cool off after a fight.

Pattern Triggers

1. Talking on the phone.
2. Drinking alcohol.
3. Watching TV.
4. Driving.
5. Finishing a meal.
6. Drinking coffee.
7. Taking a work break.
8. After having sex.
9. Before going to bed.

Social Triggers

1. Going to a bar.
2. Going to a party or other social event.
3. Going to a concert.
4. Seeing someone else smoke.
5. Being with friends that smoke.
6. Celebrating a big event.

Withdrawal triggers

1. Craving the taste of a cigarette.
2. Smelling cigarette smoke.
3. Handling cigarettes, lighter and matches.
4. Needing to do something with your hands or mouth.
5. Feeling restless or having withdrawal symptoms.

Smoking Trigger Questionnaire (cont.)

Other triggers not listed above:

1. _____
2. _____
3. _____

Now list your 5 strongest smoking triggers.

1. _____
2. _____
3. _____
4. _____
5. _____

Dealing With Your Smoking Triggers

How to deal with emotional triggers. You can learn how to cope with your feelings without leaning on cigarettes. Try these ways to deal with emotional triggers:

- **Talk about your emotions.** Telling a friend or family member how you feel can help.
- **Take some slow, deep breaths.** Deep breathing will slow down your body, quiet your mind, and reduce cravings. This is also a great way to manage stress and anxiety.
- **Exercise.** Physical activity is a great way to handle emotions. When you exercise, your brain releases endorphins. Endorphins are chemicals in the brain that make you feel good.
- **Listen to calming music.** Music can relax you by slowing your heart rate, lowering blood pressure, and decreasing stress hormones.

How to deal with pattern triggers. One way to beat pattern triggers is to break the association with the trigger and transfer the feeling to another activity.

- **Find a replacement.** Chew gum. Eat sugar-free candy. Suck on a straw.
- *Try activities that keep your hands busy.* Squeeze a handball. Do beading or needlework. Hold on to a silver dollar or "worry stone."
- **Get moving.** Go for a walk. Ride a bike. Go swimming. Exercising can distract you from smoking.
- **Change your routine.** For example, try drinking your coffee at a different time or brushing your teeth right after you eat a meal.

How to deal with social triggers. Once you've made the decision to quit, it is best to avoid places where people smoke and ask your friends not to smoke around you. Over time, it will get easier. Tell your friends and family that you have quit. Ask them for their support.

How to deal with withdrawal triggers. Distract yourself. Find something to take your mind off the craving. See if nicotine replacement therapy (NRT) is right for you – it can reduce withdrawal symptoms. Teens, women who are pregnant, and people with severe medical conditions should talk to their doctor before using NRT.