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Understand Your Smoking Behaviour: Cigarette Tally Sheet

Smoking is more than a physical addiction to nicotine. Smokers develop powerful psychological and emotional attachments to cigarettes – and associate smoking with certain situations, persons, places and feelings. Without thinking, daily habits, routines and activities can trigger the urge to smoke.

Understanding your smoking behavior can be helpful when you're quitting smoking. Keeping track of your daily tobacco use is a great way to do this. By recording when, where, why, and with whom you smoke, you will notice patterns in your smoking behavior and identify the triggers - those times, situations, feelings and even people – that cause you the most intense cravings to smoke. Once you have this understanding, you can take steps to change these patterns and develop new coping skills and behaviours to replace the urge to smoke.

Copy the Tally Sheet below and carry it with you, attached to your pack of cigarettes if possible. Every time you have a cigarette, write down the details. At the end of the day evaluate your Tally Sheet. Take three different colour highlighters and colour code each of the following three time frames a different colour:

- Less than ½ hour between cigarettes
- ½ to 1 hour between cigarettes
- Over 1 hour between cigarettes

What did you learn? When do you smoke the most, and the least? What can you do to change these patterns?

Date:				
Cig #	**Time**	**Degree of Craving 1 = low 2 = med 3 = strong**	**Activity (what are you doing? who are you with?**	**Mood (e.g. angry, bored, unhappy)**

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