

# A SIMPLE PLAN TO CHANGE MY SMOKING BEHAVIOR

- My Goal**
- Stop smoking cigarettes
  - Reduce my daily smoking from \_\_\_\_\_ cigarettes/day to \_\_\_\_\_ cigarettes/day
  - Stop smoking cigarettes in the following situation(s) \_\_\_\_\_  
\_\_\_\_\_

- I will**
- Inform family, friends and, if appropriate, 12-step sponsor of my intentions
  - Seek additional information about nicotine replacement, snus, vapes
  - Purchase the following \_\_\_\_\_  
\_\_\_\_\_

**Preparation timeline** \_\_\_\_\_

**Change behavior target date** \_\_\_\_\_

**My strategy for dealing with triggers and craving**

\_\_\_\_\_

\_\_\_\_\_

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