

Triggers & Action Plan

#	Strength (0-4)	Trigger Setting	New Strategies for Dealing with Each Trigger	
			Pharmacologic	Behavioral
b	3	<i>Being in a stressful situation</i>	<i>Use Nicotine Nasal Spray (NNS)</i>	<i>Take a deep breath; Recall a lovely sunrise</i>
a	4	<i>Being around other smokers</i>	<i>Temporarily increase controller dose that day; Use non-pH-dependent rescue medications – nicotine NS or oral inhaler</i>	<i>Don't be with other smokers</i>
m	4	<i>Having a cup of coffee</i>	—	<i>Switch to tea</i>
l	2	<i>After a meal</i>	—	<i>Do something different – change post-meal routine</i>
n	3	<i>Making a phone call</i>	<i>High-stress call? Use rescue med pre. Emotionally neutral call? None needed.</i>	<i>Change phone; change room</i>
ae	4	<i>Starting the car</i>	—	<i>Think something different. Do something different.</i>

Monday, August 31, 2009