

Homework

The When, What, and How of Smoking

WHEN do I smoke?	WHAT is my routine?	HOW can I change my routine?
<i>Instructions: List the points in the day that you generally smoke. Example: list "with breakfast" <u>not</u> "7 AM".</i>	<i>Instructions: Describe the routine surrounding that smoking event. Example: "I wake up, eat breakfast, drink coffee and read the paper while I smoke."</i>	<i>Instructions: Think of a few ways you can change this pattern, WITHOUT giving up things you like to do. Example: "I'll eat breakfast at the counter, drink coffee in car, read the paper at night."</i>

Originally developed by Frank T. Leone, MD at the Center for Tobacco Research and Treatment, Thomas Jefferson University, and may be copied or modified to suit individual practice needs.

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