

Designing My New Normal: A WorkSheet / Journal Prompt

Step 1: Identifying triggers and cravings

As you go about your day, or the next few days, pay attention to those moments when you suddenly get the urge to smoke. Use the table below to jot down as much relevant information as you can about each of these Trigger Situations (TS).

TS:	Where am I?	What am I doing?	What time of day?	What else is relevant?
1:				
2:				
3:				
4:				

Step 2: Identifying common themes, patterns or situations

Now that you have some data to work with, go through each instance when you felt the urge to smoke and look for similarities. You might want to circle any similarities, use a highlighter pen, or if you're doing this on a computer, change the font to help you easily identify each TS Group.

List each one below:

What are the common themes, patterns or similar situations linking my triggers?

(For example, 'being in the kitchen,' 'being at work' or 'morning routine.)

1. _____

2. _____

3. _____

**For the sake of brevity, I've included space to jot down just three common themes/situations, but you can jot down as many as you need to.*

Step 3: Designing My New Normals

On the next page, you're going to write down what you can do differently in each of your common situations to either avoid the trigger altogether or manage it effectively. Vividly imagine each new way of being and write down how you experience that situation differently as if it's happening to you right now

For example, use *"I get up in the morning and drink water"* instead of *"I will get up in the morning..."*

For more instructions on how to complete this exercise, refer to Chapter 13 of *Quit Smoking & Be Happy*, or see the video at chrisiskoyles.com/new-normal .

How will you deal with these triggers differently in the future? What will your new normal look like?

TS 1:

In order to make this new normal a reality, the first action I need to take is...

In order to make this new normal a reality, the first action I need to take is...

And then I need to...

And then I need to..

TS 2:

Instead of smoking, when I find myself in this situation, I ...

In order to make this new normal a reality, the first action I need to take is...

And then I need to...

And then I need to...

TS 3:

Instead of smoking, when I find myself in this situation, I ...

In order to make this new normal a reality, the first action I need to take is...

And then I need to...

And then I need to...

The first step I am going to take RIGHT NOW to create my new normal is...
