

Quit Smoking Journal Prompts

Triggers and stresses

Three things that made me think about smoking / crave a cigarette today:

1. _____
2. _____
3. _____

The next time I'm faced with these triggers, I can do these three things to help myself:

1. _____
2. _____
3. _____

Diving deep

How have I been feeling today? What's been troubling me?

Gratitude

These are the three things I can be grateful for today:

1. _____

2. _____

3. _____

Thoughts and Reflections

What else has been going on for me today?