



# My Diary of 1 Day of Smokes and Cravings



Write down each cigarette you smoke or crave for 1 day.

Fill in the time, situation, how you felt etc. It will help you work out when and why you smoke.

Also, rate the need\* 1-5 eg: 1 = could do without it and 5 = really need a cigarette

	time	situation	feeling	need*	what I did	what I could have done
	<i>EXAMPLE:</i>					
	<i>7am</i>	<i>Woke up</i>	<i>Tired</i>	<i>4</i>	<i>Smoked</i>	<i>Jumped in the shower</i>
	<i>10pm</i>	<i>Watching TV</i>	<i>Bored</i>	<i>2</i>	<i>Walked the dog</i>	<i>Smoked but didn't</i>
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Have a look back over the day. Were there common triggers to your smoking?

When you know the reasons for smoking, you'll be better prepared to quit smoking.

And we can help you with that 😊