*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Trigger Tracking Sheet**

1. Write things down when they happen, not later.
2. Be accurate. Try to write down the details every time a situation happens.
3. Keep your notes simple. Filling the form out has to fit in with your usual habits.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Trigger** | **Behaviour/Actions/Thoughts/Emotions** | **Result** |
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| Trigger | Behaviour/Actions/Thoughts/Emotions | Result |
| When did it happen? | Did you resist the urge to smoke? What did you do? Did one of your strategies work? | What happened as a result? |
| Who was there? | If you gave into the urge, describe what happened. Did you have more than one? | Was it pleasant or unpleasant? |
| What were you doing? | What did you say to yourself? | How did you feel? |
| What were you saying to yourself? | What were you thinking? | What did you say to yourself? |
| What were you thinking? | What were you feeling? | What did you think after? |
| What mood were you in? | What did you do? | How do you feel about what you did? |

Source: [www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)