

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

# Smoking in the Car – Breaking the Habit

If you have a habit of smoking/vaping in the car, then driving can be a trigger point for you. Being prepared to respond to this trigger will help you stay committed to having a smoke free car. You should also have a “No Smoking/Vaping” sign in your car to let others know that they cannot smoke in your vehicle and remove any ashtrays, lighters, and other smoking devices, if possible.

## Smoke free ways to enjoy your car ride:

- Listen to a podcast
- Download a free audiobook from the public library
- Place a new air freshener in your car
- Sing along to the radio
- Tell stories to your child
- Play car games like “I Spy” or “Would You Rather?” with your child
- Take deep, slow breaths



**Breaking the Habit: Give yourself a check mark each time you ride in the car and choose to stay smoke and vape free.**



**Celebrate your success! How do you feel now that your car is smoke/vape free? What strategies worked best for you? Write or draw a picture.**

**Breathe**  
Healthy Steps to  
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at  
1-800-QUIT-NOW (1-800-784-8669)  
or log on to [equitnow.com](http://equitnow.com) for free, personalized support.