

Name: _____ Date: _____

Trigger Points



Trigger points are the activities, feelings, people, or places that remind you about smoking/vaping. Even objects like an ashtray out on your table can be a trigger point.



Write down your trigger points for smoking or vaping.

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How do you plan to respond to trigger points?

For example, if you are always tempted to smoke/vape after eating, you can plan to take a walk after you are done with your meal instead.

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 for free, personalized support.