Behavior Change Is Key. Quitting tobacco is not easy, and you are likely to encounter some challenges along the way. Successfully achieving a tobacco-free lifestyle will require adjustments in many areas of your life. This lesson will help you to understand what types of habits and behaviors you may need to change in order to be tobacco-free.

Managing Tobacco Triggers
Tobacco triggers are things that make you crave using tobacco; they tend to relate to circumstances in which you used to use tobacco. Examples of common tobacco triggers include:

- Certain people: Other smokers
- Specific places: The car (if you smoke while you drive), the back door at work (if you take your smoke breaks there)
- Feelings/emotions: Stress, boredom
- Times of day: When you first wake up, break time at work
- Certain activities: Having an alcoholic drink, going to a party where many others are smoking

The first step toward managing your triggers is knowing what they are. Once you're aware of them, you can then try to avoid them or, if avoiding them is impossible, distract yourself from them. (In this week's lessons, you will figure out your triggers and list them in your Quit Plan.

Breaking Bad Habits
A habit is an acquired behavior pattern, and your tobacco-related habits are likely closely linked to your triggers. For example, if you always smoke when you drink a glass of wine, you will begin associating the taste of wine with smoking. The good news is that you can break conditioned responses by changing your routines. Have your glass of wine at a restaurant that does not allow smoking, and don't allow yourself to walk outside to smoke. Or, instead of drinking wine, drink a glass of iced tea.

Social Ties to Tobacco
Tobacco use may be a large part of your social world. If the thought of missing out on these social activities makes you unhappy, create new, healthier social habits. For example:

- Invite your friends to spend time with you in non-smoking settings
- Join a tobacco cessation support group so you can meet others with similar goals
- Temporarily limit your contact with other smokers (especially in the first weeks of quitting)

Cut-Back Tip:
Delay your first cigarette of the day. Skip your usual “first cigarette” and make your first cigarette happen later in the day.

Remember Once you are aware of your triggers, you can work to de-fuse them!
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Practicing Positive Self-Talk

De-fusing your triggers, breaking bad habits, and changing the way you interact socially is not easy. The process may frustrate you, and in those moments it’s all too easy to let pessimism take over. If you start thinking negative thoughts about your ability to quit, counter them with positive self-talk. For example:

**Negative thought:** “Quitting is so hard! I’ll never be able to do it.”

**Positive thought:** “Quitting isn’t easy, but I will take it one day at a time. It’ll get easier with time.”

**Negative thought:** “How will I ever de-stress at work without a cigarette?”

**Positive thought:** “Smoking’s not the only activity available. I could clear my head with a quick walk or get a cup of coffee instead.”

Now that you have completed Lesson 1, please proceed to the next lesson.