

SMOKING DIARY

Keeping a smoking diary could help you recognise situations that might make you want a cigarette and what the difficult times of the day are for you. Use the diary to record every cigarette you smoke and what made you want to smoke.

You can download more copies of this diary from our website at macmillan.org.uk/smokingdiary

Date and time	What was I doing?	What made me want to smoke (triggers)?	How much did I need it (on a scale of 1 to 10)?	What can I do instead?

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