

Cigarette Cravings Tally Sheet Information

Many smokers are not sure why they smoke. This sheet will help you to look at *when*, *where* and *why* you smoke so that you have more of an idea of why and when you smoke.

TO DO

For one day try to fill in the **cigarette cravings tally sheet** each time you smoke or crave a cigarette. To complete the tally sheet, write down what you are doing at the time and how you are feeling – there is a list of common feelings on this page to help you. Rate each cigarette or craving in importance from 1-5. (1 equals least important, 5 equals “I must have it!”)

Suggestion: You can repeat the tally sheet for more than one day. If you are working, try filling in the cravings tally sheet for one work day as well as one weekend day.

Feelings: scared, irritable, frustrated, bored, lonely, relaxed, sad, stressed, rushed, lazy, happy, envious, excited, depressed, shy, satisfied, hassled, angry, disappointed, envious, edgy, tense, pressured.

At the end of the day make some time to go through your list. Use a highlighter pen to highlight your strongest cravings. Then ask yourself:

What *situations* are most associated with my smoking?

What *feelings* or *moods* are most associated with my smoking?

Are there aspects of your smoking you don't understand? Eg you can't identify how you feel at times. Try to list them here and feel free to call Quitline for help on 13 7848.

QUITTING PLAN

Using this information, make a list of what you could have done instead for the main situations when you smoke.