

# My Plan for Change

I want to change my nicotine use on the following date:

The way that I will change my nicotine use is:

My top-three reasons for changing are:

- 1.
- 2.
- 3.

The following triggers are the ones that I will most need to be aware of while I am trying to make this change:

- 1.
- 2.
- 3.
- 4.

To deal with these nicotine use triggers, I will use the following techniques:

- 1.
- 2.
- 3.
- 4.

If I need help during this time, I will call someone from my support network, such as:

or

If at any time I start to feel frustrated or discouraged in any way and think that I may have a slip, I will use positive self-talk by reminding myself that:

This is what I can put in my nicotine-free survival kit that will help with cravings:

- 1.
- 2.
- 3.
- 4.



**CONNECT QUICK TIP:** Practice deep breathing, relaxation techniques and positive self-talk.