



What are my smoking patterns?

How can I change my smoking patterns?

You are now more aware of your usual smoking patterns. By thinking about these, you can begin to make choices about when and why you smoke. Although you may not be ready to quit right now, you may want to think about making some changes in your current smoking patterns. These may make the choice to quit smoking in the future an easier one.

Example: Instead of smoking with your morning coffee

You can make a change by:

- ✓ Delay having a cigarette until 30 minutes after your coffee
- ✓ Plan to drink morning coffee in a different room or non-smoking area

List 1 smoking pattern that would be hard for you to give up.

How could you try to change this smoking pattern?
