CIGNA Behavioral Health

SMOKING DIARY

Knowing why you want to quit smoking and having high expectations that you'll succeed are important to becoming an ex-smoker. Another important factor is knowing when and why you smoke, so you won't be caught off guard by events or feelings that trigger your urge to smoke. Use this diary to keep track of your smoking behavior and learn more about your own smoking habits.

Time of Day	Desire (Low-High)	No. of Cigarettes	What Is the Situation?	What am I Thinking and Feeling?
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