

My Plan for High Risk Situations (example)

Day	Time	High Risk Situation	My Strategy/Plan
Mon-Fri	7am	waking up!	have shower first, then <u>put 2nd patch on straight away</u> (wearing 1 patch at night and 2nd during the day)
	7:30am	1 st coffee of the day	<u>Use nicotine lozenge before</u> , or drink tea
	10:30	STRESS!! Having important meeting with the boss!	Go well prepared for meeting, and <u>use nicotine lozenges</u> as often as needed
	1pm	After lunch	Go to staff cafeteria, <u>use nicotine lozenge</u> before having my coffee
	3pm	Afternoon break at work	Go to staff cafeteria (<u>not outside with the smokers!</u>) and read, <u>use nicotine lozenge</u>
	6pm	At home after work	Avoid alcohol, take the dog for a walk instead, <u>use nicotine lozenge</u>
	7pm onwards	Going outside every ½ hour to smoke, between watching TV	No smoking inside the house so stay inside; involve my self with new things I enjoy (e.g. reading), not just TV, <u>use nicotine lozenge</u>
	Bedtime	"My last cig for the day!"	Change order of my routine before going to bed, remove the nicotine patch I've had on for 24hrs, stick to good habits for sleeping
	Anytime!	Unexpected or strong cravings!	Use extra oral NRT, e.g. lozenge; will also consider getting nicotine spray as a back up (my counsellor suggested I try different oral NRT products)
Sat-Sun	8:30am	waking up!	have shower first, then put 2nd patch on straight away
	Over the day	Any trigger points	Make sure I have the day planned to keep busy (chores as well as fun things), always have my oral NRT, e.g. lozenges, on hand!
		Usual trigger points, e.g. with food, coffee	Use same strategies for same triggers as during the week. <u>Use oral NRT, and in anticipation of</u> cravings if I can, about 15 mins beforehand

