



## Let's talk about smoking

### SMOKING DIARY (Example)

Each time you have a cigarette complete the diary below. This will help you understand any pattern to your smoking, places you smoke, people you smoke with, how your mood affects your smoking, the consequences of your smoking and the cost per day.

| DATE | TIME    | WHERE        | WHO WAS I WITH | WHAT WAS I DOING       | MOOD          | CONSEQUENCES        | COST £ |
|------|---------|--------------|----------------|------------------------|---------------|---------------------|--------|
| 7/8  | 6:50 am | bedroom      | myself         | Waking up              | Tired/anxious | Felt less anxious   | 45p    |
| 7/8  | 7:10 am | Kitchen      | myself         | Cup of tea             | Tired         | none                | 45p    |
| 7/8  | 8:50 am | Outside work | colleague      | Going to work          | okay          | none                | 45p    |
| 7/8  | 10:30am | Outside work | colleagues     | Cigarette break        | anxious       | Felt less anxious   | 45p    |
| 7/8  | 12.00pm | Outside work | myself         | Cigarette before lunch | irritable     | Felt less irritable | 45p    |
| 7/8  | 12.30pm | Outside work | colleagues     | Cigarette after lunch  | okay          | none                | 45p    |
|      |         |              |                |                        |               |                     |        |
|      |         |              |                |                        |               |                     |        |
|      |         |              |                |                        |               |                     |        |
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