

**The 5 A's are techniques that will help you deal with your triggers and stay tobacco free.
Cravings for a cigarette can pass very quickly –usually in a minute or two.**

1. Avoid is when you make a decision to avoid high risk situations for smoking.

What are some situations you might want to or need to avoid?

2. Alter is when you can't (or won't) avoid a situation or activity, but you might have to alter it to keep from smoking.

How could you alter _____?

3. Alternatives are planning on having something different to do during those times you want a cigarette in your hand or the sensation of smoking.

What are some alternatives you have used or heard about? (examples are straws, toothpicks, candy, gum, veggies sticks, ...)

4. Anticipate is making a plan for those things that may come up (like stress?) that may trigger an urge to smoke.

What are some other ways that you could cope with a stressful situation without smoking?

5. Active is making an effort to increase your activity to combat the cravings and boredom associated with smoking, basically it's a distraction.

Why do you think this might be helpful? What are some ways you could distract yourself?

(examples are exercise, reading a book, go to the movies, working on a hobby, gardening, etc)