

Smoking Relapse Action Plan Template

1. Recognizing My Triggers

Typical situations, emotions, or places where I feel the urge to smoke:

2. Early Warning Signs

How do I know I may be about to relapse?

3. Helpful Coping Strategies

Healthy alternatives I can use when I feel the urge to smoke:

4. People I Can Reach Out To

Friends, family, or professionals I can contact for support:

5. Steps to Take After a Slip

What will I do if I have a cigarette?

6. Motivations to Stay Smoke-Free

Reasons and rewards for staying quit:

7. Emergency Plan

What immediate actions will I take if I'm about to relapse?