Smoking Diary

Please be honest and fill in for a working day and a weekend day

Day: **Time:**

What were you doing immediately before you decided to smoke this cigarette?

What thought triggered the urge for this cigarette?

Any particular emotions prior to having the cigarette?

How did you feel directly after the cigarette ?

Day: **Time:**

What were you doing immediately before you decided to smoke this cigarette?

What thought triggered the urge for this cigarette?

Any particular emotions prior to having the cigarette?

How did you feel directly after the cigarette ?

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