

NICOTINE CRAVINGS JOURNAL

This journal aims to develop a better understanding of your nicotine cravings. The more aware you become of them, the easier it will get to let them pass with the method on the I QUIT NOW website.

Complete the following journal for a week by writing:

- The **period of the day** when the cravings arise (ex.: before lunch, after lunch, evening, night)
- **What provoked the craving** (ex.: waking up, going out with friends, insomnia, heavy workload/unemployment, arguments, etc.)
- What are the **emotions or sensations you felt** at that moment:
 - In your mind: feelings or emotions like anger, sadness, impatience, anxiety, worry, panic, annoyance, nervousness, melancholy, boredom, helplessness, joy, relief, pleasure, pride, relaxation, etc.
 - In your body: unpleasant physical sensations like knots in your abdomen, chest, or elsewhere, tightening sensation, tension in the neck, shoulders, throat, overall nervousness, etc.
- Scale the **intensity of the craving** on 1 to 5. 1 = weak and 5 = strong
- **What have you done** to get through these situations and let the urge pass? (ex.: drinking water, snacking on vegetables, chewing gum, talking on the phone, doing a physical activity, thinking of other things, etc.).

 Smoking cravings	 Period of the day	 Situation experienced	 Intensity of the craving	 Physical sensations, emotions, thoughts and feelings	 Strategies used to let the urge pass
1	Morning	Waking up	5	Knots in the stomach, tremors, bad moods.	Drink some juice. Listen to music and have a good breakfast.
2	3 PM	Difficulty at work	3	Stress, tightness in the shoulders, feeling like crying, discouragement.	Do some stretches with deep breaths.
3	Evening	Going out with friends	5	Feeling "connected," good mood, feverishness.	Dance, avoid going outside with the smokers
4	2 AM	Insomnia	3	Anxiety, indecision following a dispute, financial problems.	Listen to relaxing music, think of other things
5	Afternoon	Experiencing frustration	4	Rage, grief, rapid heartbeat, tension in the neck.	Go for a walk, a drive, or listen to music.

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