

Tobacco Cessation Program (TCP) Plan of Action Form

This Plan of Action form is a tool to assist you in determining triggers and/or habits associated with nicotine use. This form can also be used to help you chart your progress along the way. You can save and use as you progress. Your counselor will also save in your file and refer to as needed.

- I will **choose** not to use nicotine out of habit or boredom, instead I will do one of the following:

- Instead of using nicotine in the car I will break that habit by:

- I will break the habit of using nicotine while drinking coffee or alcohol by:

- I will delay nicotine use after eating by doing one of the following activities:

- I will not use nicotine inside the house; I will move it to the following area outside:

- I will put my nicotine or tobacco in an inconvenient place:

- I will limit the amount of nicotine or tobacco that I bring with me when I go out.

- I will choose not to use nicotine to deal with stress, but will develop and use the following coping skills instead:

Add your own:
