



# Plan for potential problems – Staying Smoke Free

## Examples of If-then plans

Here are few examples of how If-then plans may help you when your overall goal relates to stopping smoking. If you haven't yet set an overall goal or some specific action plans, you can do so using our [goal setting and action planning tool](#).

**If** I usually smoke when I'm out with friends

**Then** I'll try not to socialise with them for the first few weeks after I've quit

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**If** a friend offers me a cigarette

**Then** I'll politely say no and ask them not to offer me a cigarette again

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**If** I usually smoke when I'm at the pub

**Then** I'll try to avoid the pub in the first few weeks after I've quit

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**If** I usually smoke after dinner

**Then** I'll make myself a cup of tea instead

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**If** I'm tempted to smoke having seen another smoker's cigarettes lying around

**Then** I'll ask them if they wouldn't mind putting them away so they don't tempt me

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**If** I feel tempted to smoke because I'm feeling sad or stressed

**Then** I'll take five slow deep breaths to help make myself feel calmer

## Start making your own If-then plan

To help achieve your overall goal, think about what might make it difficult (barriers or obstacles) and what will make it easier (solution) for you.

### Try asking yourself the following questions:

- What situation, place or feeling may be a potential obstacle or barrier I may face?
- How will I overcome them?
- How will I prepare myself?
- What solutions are relevant to me and will help overcome any potential barrier?
- Is there anyone specifically who can help?
- Is there more than one way I can overcome a potential barrier?

## Set your If-then plans

Start by setting yourself some If-Then plans for this coming week. You can write as many as you feel would be helpful.

**If...**

**Then I will**

**If...**

**Then I will**

**If...**

**Then I will**

**If...**

**Then I will**

**If...**

**Then I will**

