

When do I USE commercial tobacco?

For the next few days, use the table to list every cigarette you smoke. Mark the **level** of urgency you felt and what your **mood** was when you wanted to smoke. This is a good way to find out why and when you smoke. **Rate your need to smoke** under the "Urgency" column—5 being most urgent, 1 being least urge.

See example below:

Date	Time	Place	😊	😐	☹️	Urgency
12/09 1 cig	8am	home w/ coffee		😐		4

Date	Time	Place	😊	😐	☹️	Urgency

