



WRITE BEFORE YOU LIGHT

I am... thinking about quitting planning to quit recently quit

Date: _____	How much do you expect to smoke?	How much did you smoke?	Describe your overall mood and stress level	Triggers, events, or thoughts that might have affected your tobacco use, mood, or stress level
Morning (From the time you wake up until noon)				
Afternoon (From noon until or 6)				
Evening (From 6 until 9 pm)				
Night (From 9 until you go to bed)				
Summary				

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A Guide to the “Write before you Light” Journal

Writing about your thoughts, feelings, and mood can be a very powerful way to connect your emotional health to your tobacco use. This journal is designed to help you examine this relationship by helping you to write about your day as it is happening. It will only be useful to you if you do two things:

1. Write openly and honestly about how you are feeling, important events, tobacco use, and anything else you think is important.
2. At least once a week review your journal and follow the steps outlined below as you move from thinking about quitting to staying tobacco free.

The first step is to think about where you are in terms of thinking about quitting. If you are happy to continue using tobacco, and really do not want to quit, then this journal may not be as helpful to you. If you are at the early stages of thinking about quitting because you are worried about your health or a loved one is concerned about you (or any other reason), then check that you are thinking about quitting. If you have made the decision to quit, and are now prepared to make a plan to quit, then check that you are planning to quit. If you have quit using tobacco within the last several days, weeks, or months, then check ‘recently quit’. This will help you to monitor your progress and support your plan to ultimately stay tobacco free.

Each day when you wake up or even the day before, think about how much tobacco you plan to use that day. This can be recorded as number of cigarettes, cigars, chew, or whatever form you prefer. Of course, not everyone uses the same definitions of morning, afternoon, evening, and night, so change the times of day to fit your life. You can even change it to ‘before school/work’, ‘during school/work’, ‘after school/work’ and ‘evening’. Some people use different journals for weekdays and weekends because their schedule is so different. Use what works for you.

As you go through your day, be honest about how much tobacco you actually use. Also be honest about your overall mood and how stressed you feel during that part of the day. Some people like to use a few words, and some people like to use a 1 to 10 scale. For example 1 could be a very good mood and/or feeling very little stress and 10 could be a very sad or anxious mood, or maximum stress.

Throughout the day, or at the end the day, be sure to write about any events that may have triggered your desire smoke or use tobacco. This can include arguments with friends or family, hearing bad news, or thinking about something unpleasant.

You might also want to summarize your day, and add up the total number of cigarettes you planned to smoke and compare that to the number you actually smoked. Reviewing this journal with your health care provider or person who is helping you to quit can be very helpful as you form a quit plan, and then struggle not to relapse after quitting.