



Telemedicine To Live Up To 85Years!
Next Step Living Longer Books

SMOKING TRIGGERS

Edition 2024 | English

Author:

(Prof.) Dr. S. Om Goel, MD/DM (USA)

From family of doctors

from AIIMS, MAMC & Delhi University

MD Medicine, USA

DM/Fellowship, USA





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Chapter 1

Smoking Triggers

In this book, we will discuss the triggers that can cause a person to smoke.

Even we want to know our triggers.

What are these triggers?

What can you do to avoid smoking triggers?

How can we help you to control these triggers?

Chapter 2

Emotional Triggers

Emotional triggers

Stress

**I need to have a
cigarette**



Chap2Fig1

Happiness



Chap2Fig2

Anxiety

**I need to have a
cigarette**



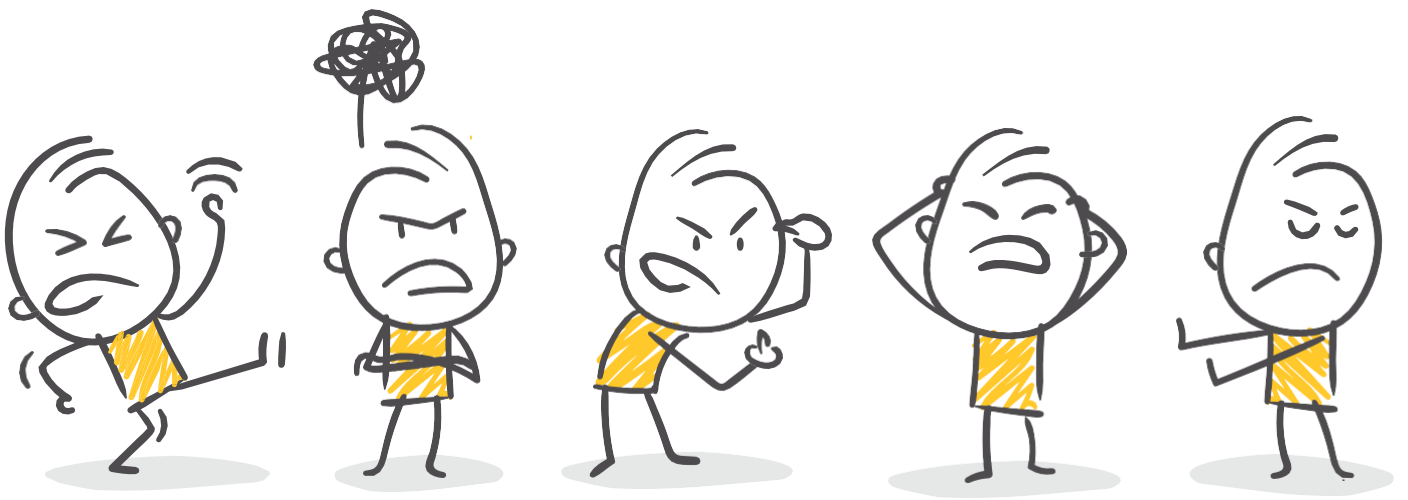
Chap2Fig3

Excitement



Chap2Fig4

Anger



Chap2Fig5

Loneliness



Chap2Fig6

Sadness



Chap2Fig7

Boredom



Chap2Fig8

Relaxation



Chap2Fig9

Chapter 3

Everyday Triggers

Everyday triggers

**Waking up in
the morning**



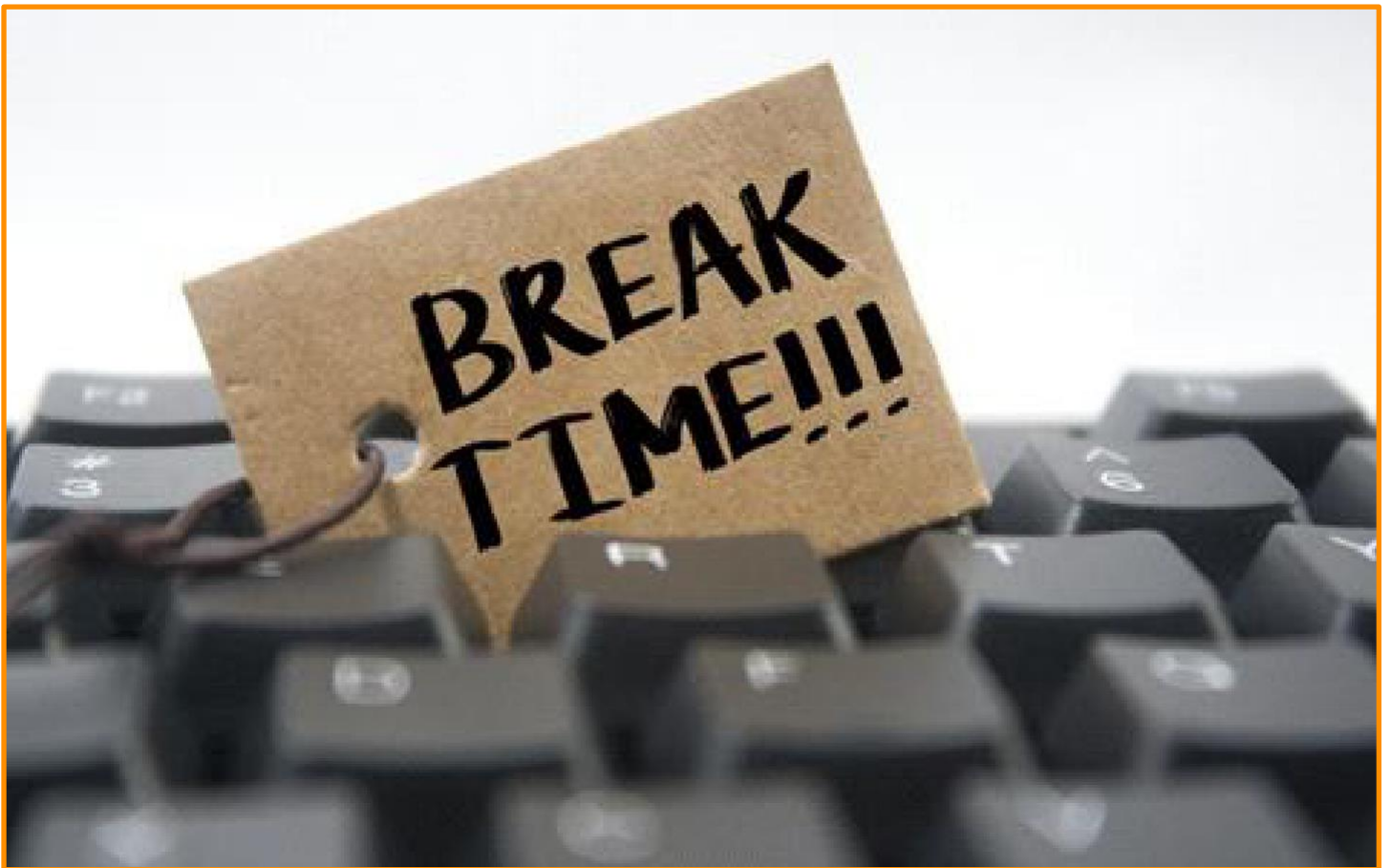
Chap3Fig1

**Texting/
Talking on the phone**



Chap3Fig2

Taking a break.



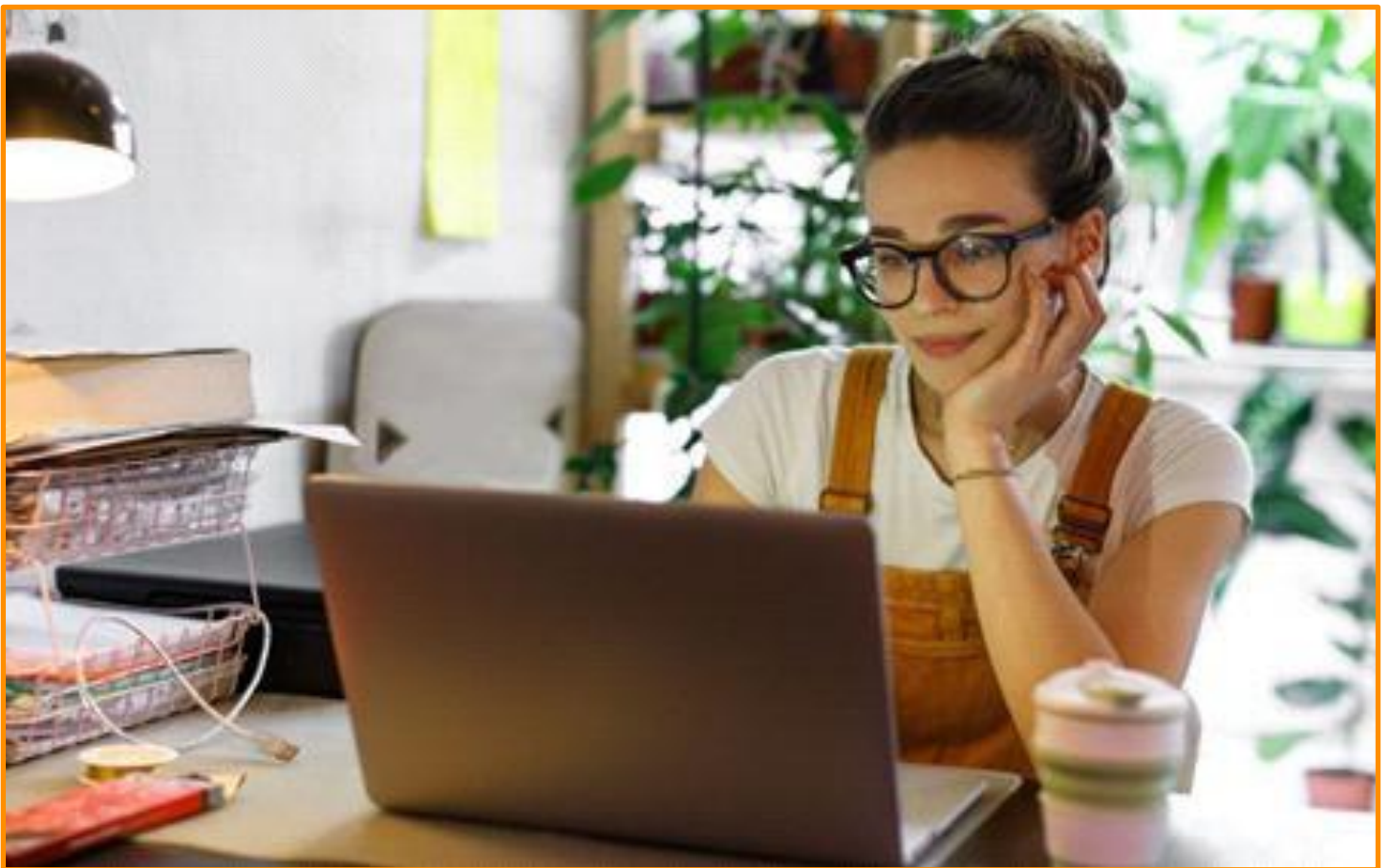
Chap3Fig3

Working or studying



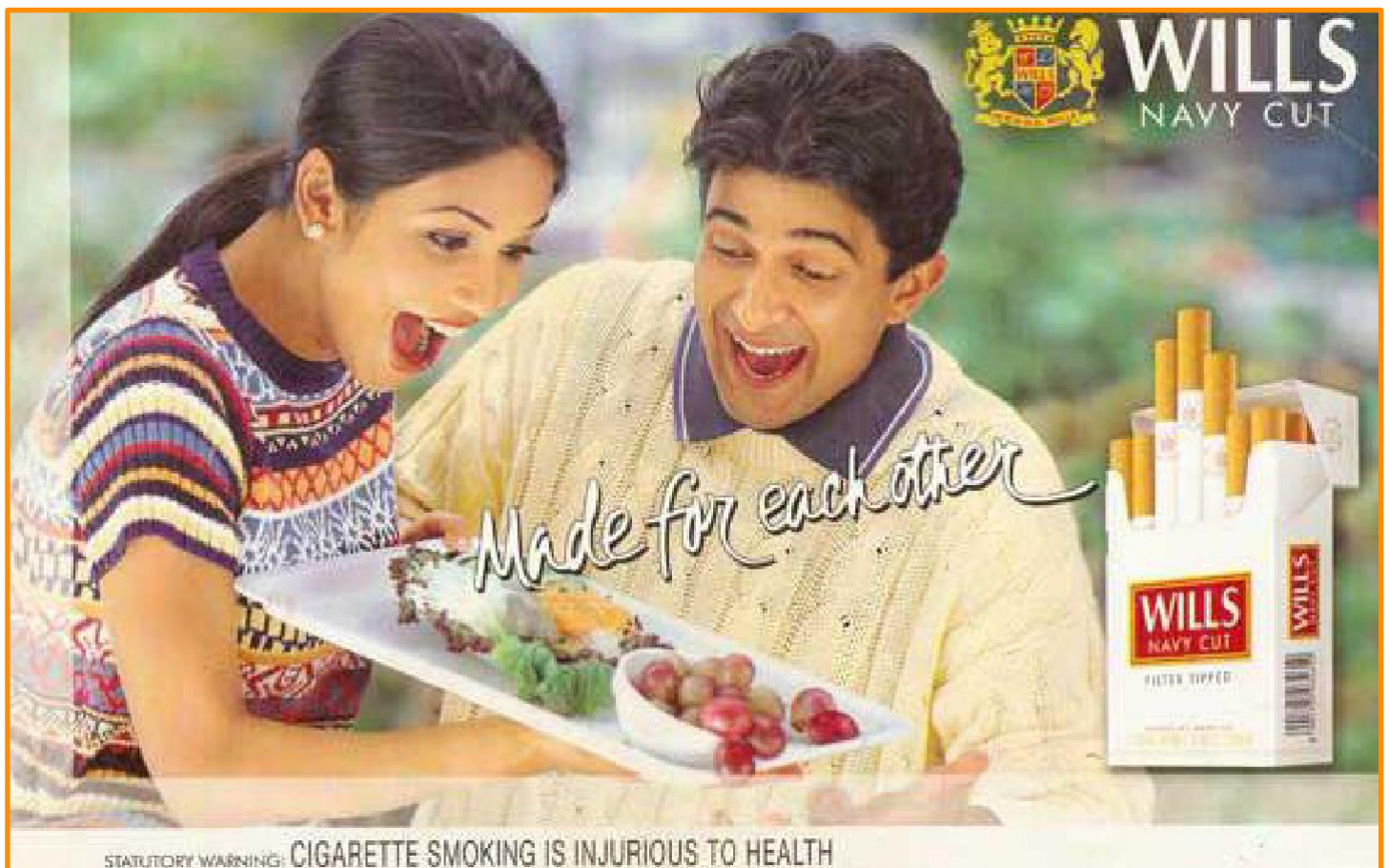
Chap3Fig4

**Watching a show or
listening to music**



Chap3Fig5

**Seeing cigarettes on
social media/TV etc**



Chap3Fig6

Drinking Coffee



Chap3Fig7

Walking or driving



Chap3Fig8

Finishing a meal



Chap3Fig9

Chapter 4

Social Triggers

Social Triggers

**Going for social
events/drinking etc**



Chap4Fig1

Seeing someone smoke



Chap4Fig2

Smelling cigarette smoke



Chap4Fig3

Being around smokers



Chap4Fig4

Being offered a cigarette



Chap4Fig5

**Celebrating holidays or
other special occasions**



Chap4Fig9