

NICOTINE CRAVINGS JOURNAL

This journal aims to develop a better understanding of your nicotine cravings. The more aware you are of your cravings, the easier it will be to let them go using the Acceptance and Commitment Therapy (ACT), which is the method used in the [I QUIT NOW online help](#). With this method, you'll learn to get in touch with your emotions, physical sensations, thoughts and cravings of the moment.

Even if the cravings last only a few minutes and can be intense, it's essential to recognize and analyze them so you know what to do to let them pass the next time they pop into your mind.

Complete the following journal for a week by writing:

- The **period of the day** when the cravings arise (ex.: morning, after lunch, evening, night)
- **What provoked the craving** (ex.: waking up, going out with friends, insomnia, heavy workload/unemployment, arguments, etc.)
- **What are the emotions or sensations** you felt at that moment:
 - **In your mind:** negative thoughts and/or emotions (e.g. anger, sadness, impatience, anxiety, worry, panic, annoyance, disappointment, melancholy, boredom, helplessness, joy, fun, enthusiasm, motivation etc.).
 - **In your body:** unpleasant physical sensations like knots in your abdomen, chest, or elsewhere, tightening sensation, tension in the neck, shoulders, throat, overall nervousness, etc.
- **Scale the intensity** of each the craving from 1 to 5. 1 = weak and 5 = strong
- **What have you done** to get through these situations and let the urge pass? (ex.: drink water, eat a healthy snack, chew gum, talk on the phone, do physical activity or meditation, think about something else, etc.).

 Smoking/vaping cravings	 Period of the day	 Situation experienced	 Intensity of the craving	 Physical sensations, emotions, thoughts and feelings	 Strategies used to let the urge pass
1	Morning	Waking up	5	Knots in the stomach, tremors, bad mood	Drinking some juice. Listening to music and having a good breakfast
2	12:45pm	After lunch	4	Sweating, hand tension, lack of concentration	Talking to colleagues, chewing gum
3	3pm	Frustration at work	5	Stress, tension in the shoulders, desire to cry, discouragement, rapid heartbeat	Taking a walk, stretching, breathing
4	Evening	Going out with friends	3	Feeling "connected," good mood, nervousness	Dancing, avoiding going outside with people who smoke
5	2am	Insomnia	5	Anxiety, fears, indecision following a dispute, financial or health problems	Listening to relaxing music, writing down your thoughts to let them go

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