



## Dads in Gear: Know your Triggers

### **BE PREPARED**

To be prepared means to be ready in mind and body for the *feelings, places, situations, activities* and *people* that trigger your urge to smoke.

- ★ **Be Prepared in your Mind** by thinking beforehand about any situation that might occur, so that you know the right thing to do at the right moment, and are willing to do it.
- ★ **Be Prepared in your Body** by making yourself strong and active and emotionally able to do the right thing at the right moment – and then do it!

My Triggers	I am prepared to . . . I can connect some of my plans to include my child!