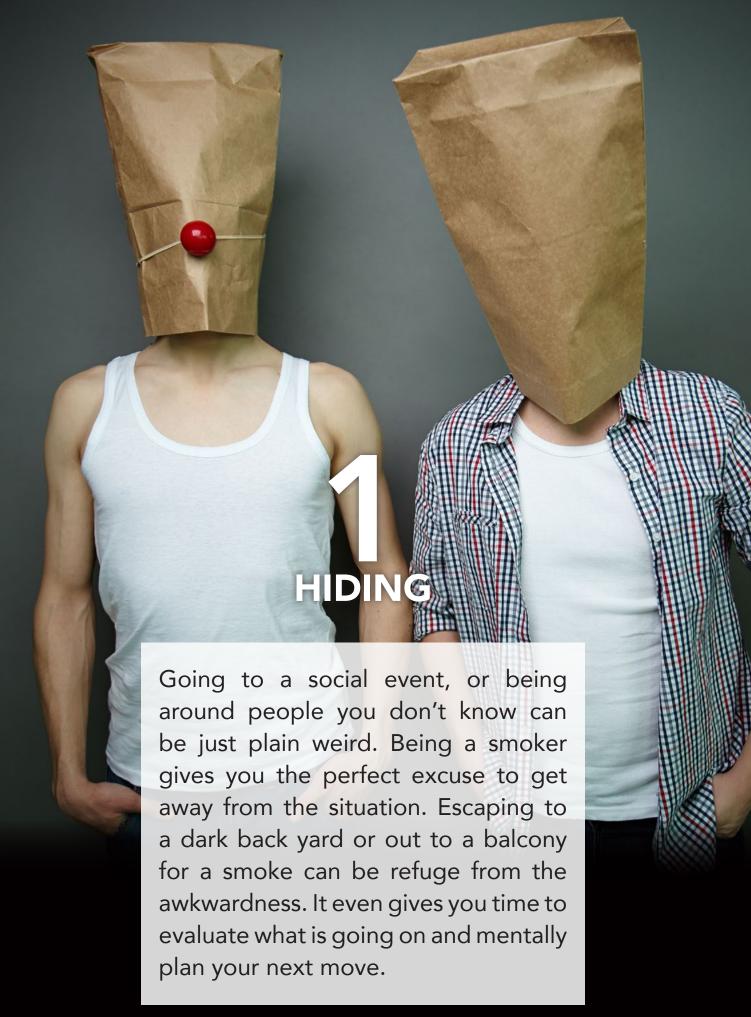


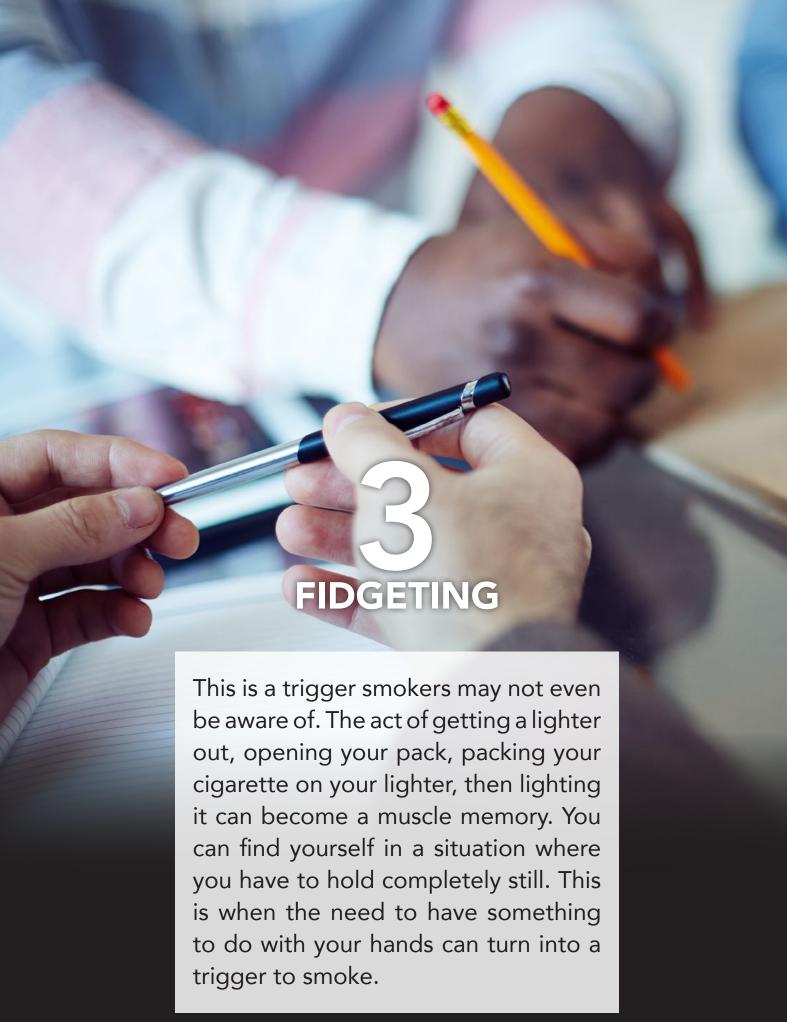
13 Seldom Talked About Smoking Triggers

Any longtime smoker knows that there are certain things that trigger the urge to smoke. Most smokers could tell you common reasons with no problems. Things like eating a meal, stress, drinking alcohol, and intimate contact, are some of the big ones. However you might be surprised to know that some smokers get those urges for more unusual reasons. After talking to some current, as well as, ex-smokers and combining it with expanded smoking **trigger research**.

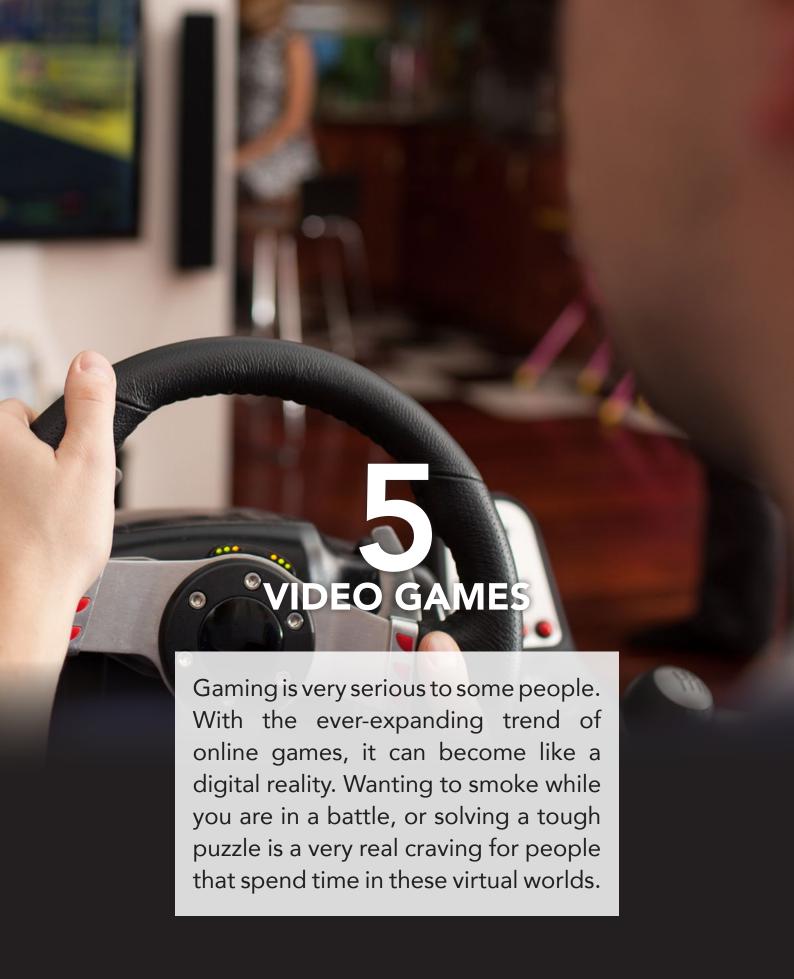
We found 13 less common situations that may be triggering you to reach for that cigarette pack















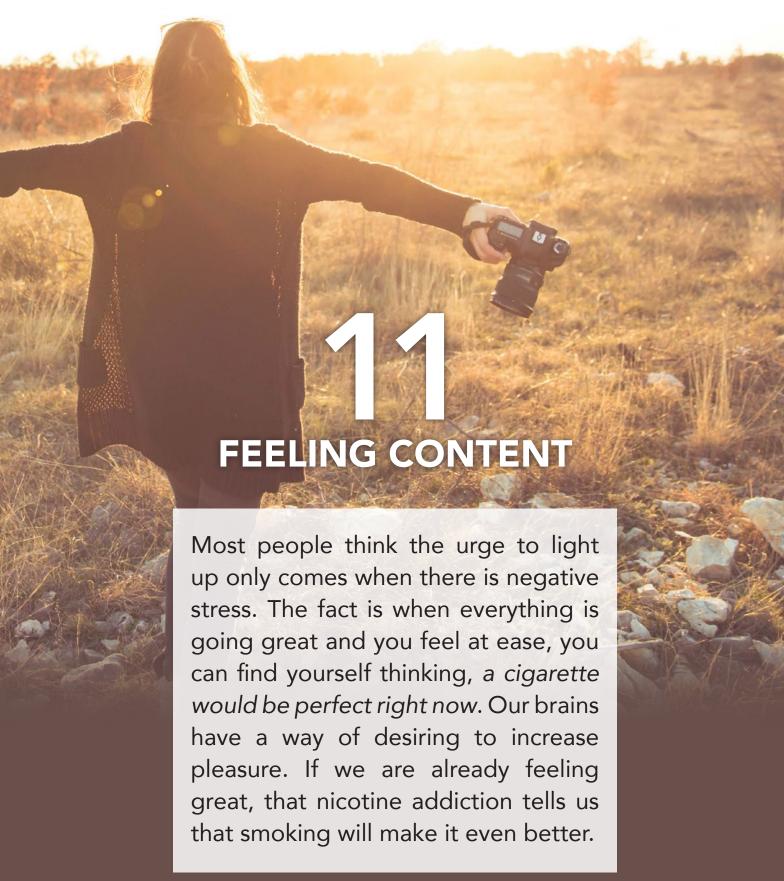






Whether it's hearing a song that reminds you of a smoking memory, or just a way of adding pleasure, listening to music can cause cravings as well. At home, in the car, or out on the town, music can trigger that urge to smoke as soon as you hear the first note.



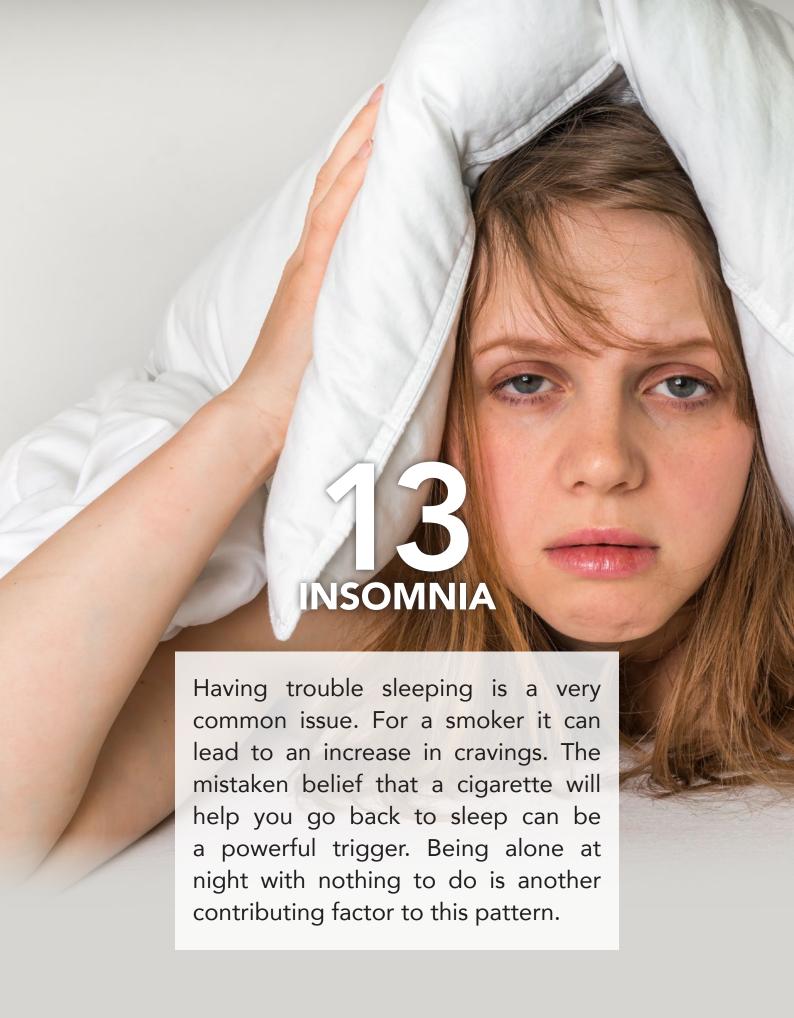




being on the phone can become one

of those triggers that lead to excessive

smoking.



## Get in touch, we're here to help you start your quit-smoking journey.

Call 1300 737 747

**Contact Us** 



quitstopnow.com