



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

Two people are standing against a dark grey background. Both have their heads completely covered by brown paper bags. The person on the left is wearing a white tank top and has a red pushpin stuck into the front of their paper bag. The person on the right is wearing a white tank top under a blue and red plaid button-down shirt. A large white number '1' is positioned between them, with the word 'HIDING' in white capital letters below it.

1 HIDING

Going to a social event, or being around people you don't know can be just plain weird. Being a smoker gives you the perfect excuse to get away from the situation. Escaping to a dark back yard or out to a balcony for a smoke can be refuge from the awkwardness. It even gives you time to evaluate what is going on and mentally plan your next move.



2 MEMORIES

That is right, just remembering a time when you were smoking can cause you to crave. Even worse, is when a current situation that is similar to that memory causes it to trigger. Whether it is a good or bad memory, if you remember smoking in that situation you will want to follow suit.



3

FIDGETING

This is a trigger smokers may not even be aware of. The act of getting a lighter out, opening your pack, packing your cigarette on your lighter, then lighting it can become a muscle memory. You can find yourself in a situation where you have to hold completely still. This is when the need to have something to do with your hands can turn into a trigger to smoke.



4

LONELINESS

When you become used to having people around, then suddenly, they are not, turning to your pack of smokes to fill the void is more common than you think. In a way they become your companion. They are there when no one else is.



5

VIDEO GAMES

Gaming is very serious to some people. With the ever-expanding trend of online games, it can become like a digital reality. Wanting to smoke while you are in a battle, or solving a tough puzzle is a very real craving for people that spend time in these virtual worlds.



6

ENJOYING NATURE

This may sound like an oxymoron, since you are polluting your lungs. But most smokers are forced to step outside to smoke. In a rural setting this means looking at what is around you. The sky, the trees, and the animals can be your only entertainment. After a while you can easily associate that smoke break with enjoying the outside world.

A man and a woman are shown in profile, facing each other in a heated argument. The woman on the left has long brown hair and is wearing a pink top. The man on the right has short dark hair and is wearing a white shirt. They both have their mouths open as if shouting. The background is a blurred indoor setting with a pink cup and saucer visible on the right.

7 ARGUMENTS

Whether it is with a family member, a colleague, or a significant other, verbal confrontations can be a huge trigger. You may want to smoke to relieve the stress during the fight. Or use cigarettes as a crutch for calming down afterwards.



This can happen when taking breaks at work, or even sitting at home. Watching the clock for your “cigarette time” can easily become a common habit. Some people smoke every 2-3 hours without variation. Looking at the clock or your watch to see how close it is to the next smoke break can become **a trigger** that leads to cravings.



9 REWARDS

Rewarding one's self for accomplishing something is a trigger also. The smoker already thinks of their cigarettes as source of pleasure. So, using them as treat or a reward after doing something worthwhile just seems logical in the mind of a habitual smoker.



10 MUSIC

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.



11

FEELING CONTENT

Most people think the urge to light up only comes when there is negative stress. The fact is when everything is going great and you feel at ease, you can find yourself thinking, *a cigarette would be perfect right now*. Our brains have a way of desiring to increase pleasure. If we are already feeling great, that nicotine addiction tells us that smoking will make it even better.



12

CELL PHONES

Now that we live in a mobile world, taking your phone outside is easy. So, when it rings you can find yourself reaching for your cigarette pack along with your phone. It does not matter if it's a stressful call or a casual one, just being on the phone can become one of those triggers that lead to excessive smoking.



13

INSOMNIA

Having trouble sleeping is a very common issue. For a smoker it can lead to an increase in cravings. The mistaken belief that a cigarette will help you go back to sleep can be a powerful trigger. Being alone at night with nothing to do is another contributing factor to this pattern.

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

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