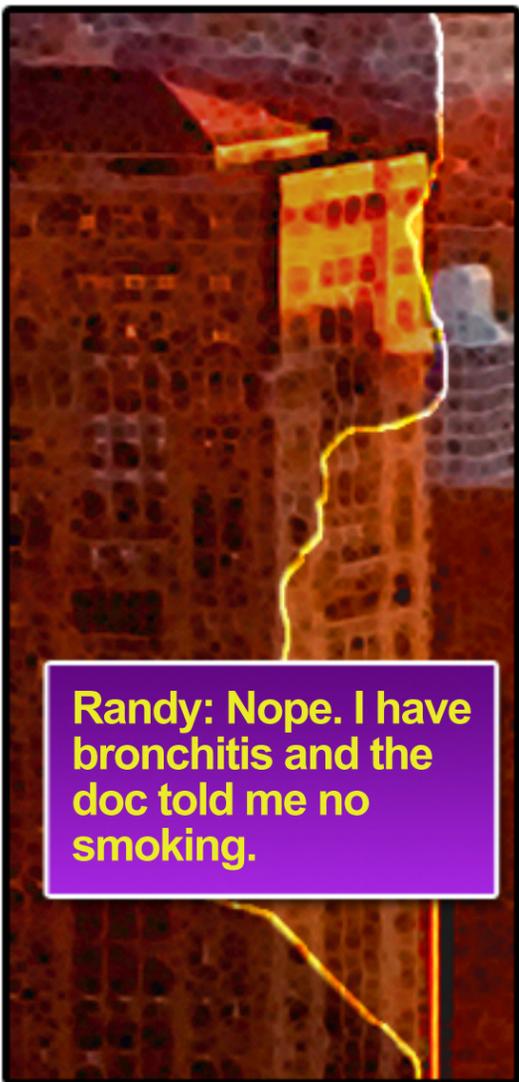


# Triggers

## Being with other smokers



Hillary: You coming over to Billy's tonight to watch the show?



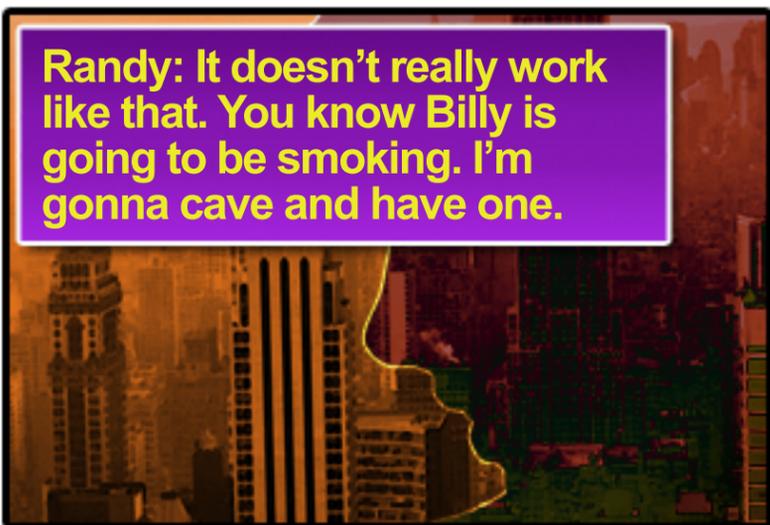
Randy: Nope. I have bronchitis and the doc told me no smoking.



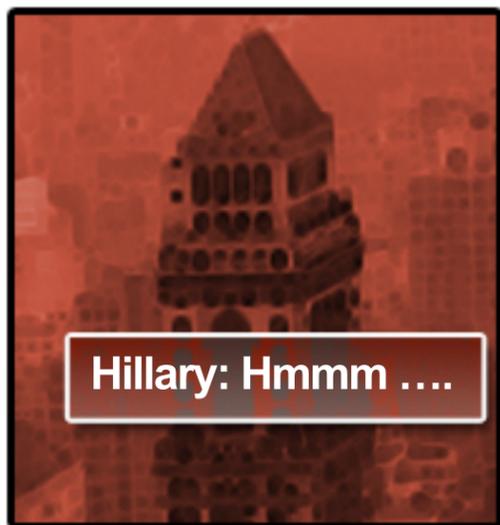
Randy: He says it's making it worse.



Hillary: Just come and don't smoke!



Randy: It doesn't really work like that. You know Billy is going to be smoking. I'm gonna cave and have one.



Hillary: Hmmm ....



Hillary: Np. Billy prob won't come, but who cares?

Randy: It's not worth it. If I miss one more day of school I'm not going to graduate. Can we watch it at my place?



Randy: Thanks.

Hillary: I got your back. Plus, I'm not graduating without ya!

### Let's Review

Being around friends when they're smoking can be a trigger! Plan ahead to avoid being tempted. Try hanging out with friends who DON'T smoke, or ask your friends not to smoke around you. If you feel too lame doing that, then find an excuse to bail if you need to. Or you can suggest an activity where smoking isn't an option, like seeing a movie or going to the gym. Remember, being around other smokers may make you want to smoke, but you still have a choice. You can always take yourself out of the situation. If you don't want to smoke, then make the decision and ask a buddy to help you stay on track. It might take a while until you feel strong enough to resist the urge, so don't put yourself in that situation until you feel ready!

