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Hypnosis by The Baggage Handler

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Hypnotherapist & Reconnective Healer • Inverse Wave Therapy Practitioner

Smoking Diary

Print out as many pages as you need so you can keep track of your smoking habits for at least one week before your appointment. Bring the completed form with you to your appointments. You will be amazed at what you learn about your triggers!

Day:

Time:

What happened immediately before you decided to smoke this cigarette?

What thought triggered the urge for this cigarette?

What emotion did you feel immediately before you decided to have this cigarette?

Day:

Time:

What happened immediately before you decided to smoke this cigarette?

What thought triggered the urge for this cigarette?

What emotion did you feel immediately before you decided to have this cigarette?

Day:

Time:

What happened immediately before you decided to smoke this cigarette?

What thought triggered the urge for this cigarette?

What emotion did you feel immediately before you decided to have this cigarette?