Phase 1 Prior to our first session, for 2-3 days simply record the details of your usual smoking patterns

Date	**Time**	**Situation** - *What you're doing, where you are, who you're with*	**How you're feeling -** *Happy, sad, stressed, anxious etc*	**How much you need it -** *1 -not at all, 10 -gotta have it*	**How much you enjoyed it:** *1 -not at all, 10 -loved it*	**Notes**