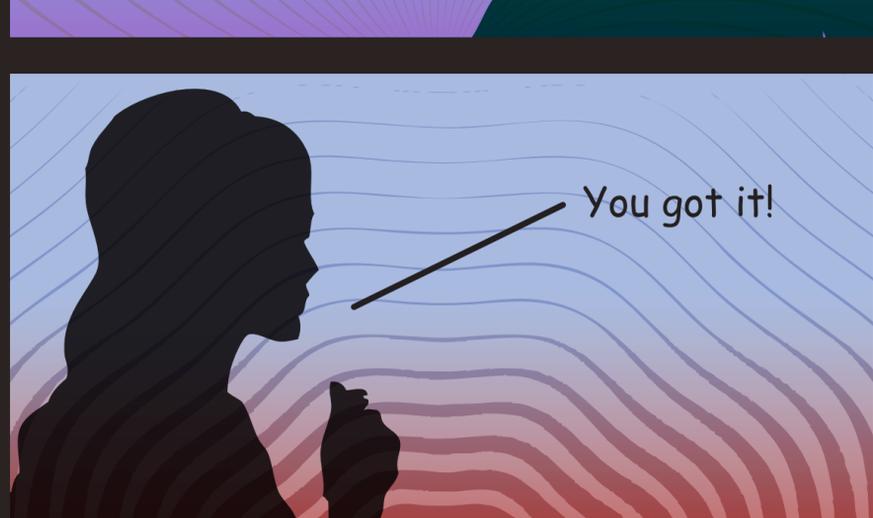
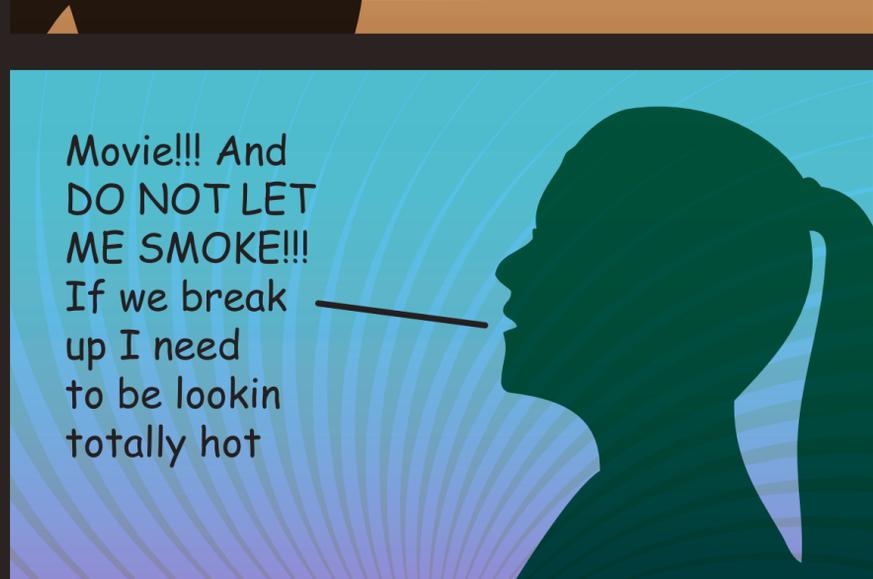
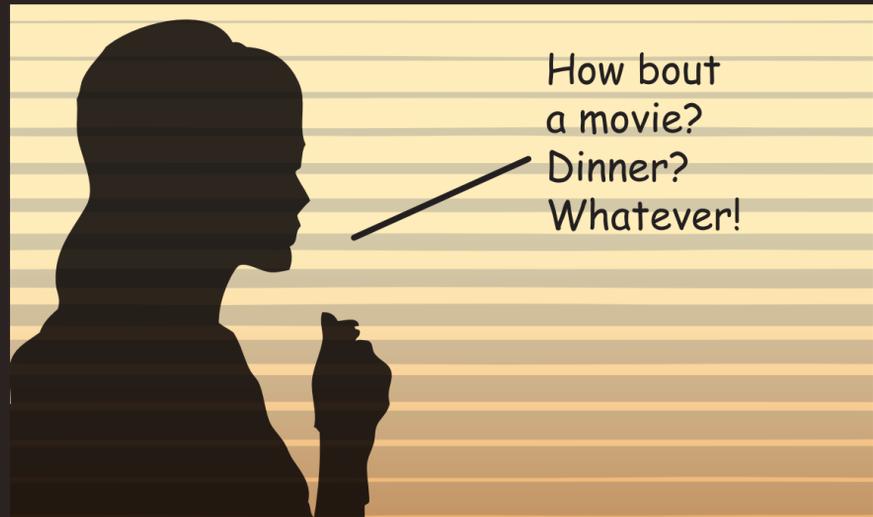
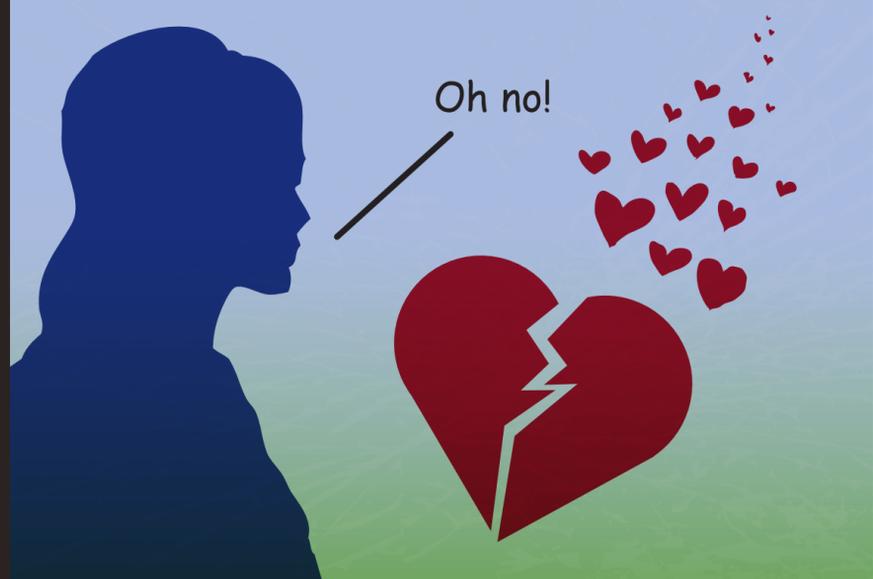
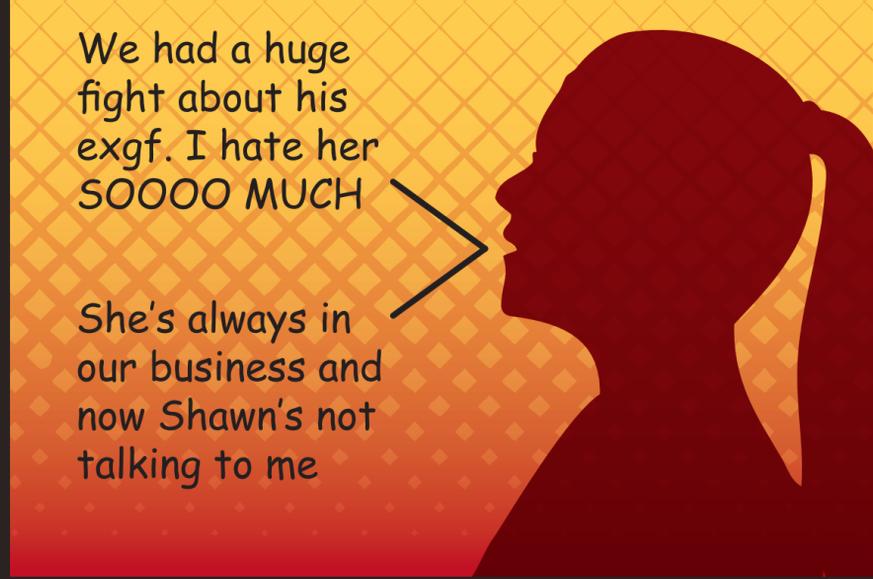


TRIGGERS: AFTER A FIGHT ISSUE 8



Let's Review

If you find yourself smoking every time you get in a fight with your bf/gf, it might be a trigger. Take control and break the cycle. Fighting and then smoking isn't going to change the fighting. Lean on your friends for support. Ask them to keep you busy until the feeling passes - try taking a trip to the mall, the movies, or your favorite park.

