Trouble Thinking	Addiction	Chewing Gum	Stress	Heart Rate
Blood Pressure	Trouble Sleeping	Nicotine	Anxiety	Remind self of benefits when craving occurs
Tobacco	Working Out	**FREE**	Asthma	Esophageal Cancer
Fear	Taste	Gum Disease	Depression	Lung Cancer
Cravings	Avoid triggers	Nicotine patch	Yellow teeth and fingernails	Boredom

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Working Out	Anxiety	Stress	Blood Pressure	Nicotine
Chewing Gum	Yellow teeth and fingernails	Heart Rate	Avoid triggers	Remind self of benefits when craving occurs
Fear	Asthma	**FREE**	Esophageal Cancer	Addiction
Depression	Nicotine patch	Trouble Thinking	Boredom	Taste
Gum Disease	Lung Cancer	Tobacco	Trouble Sleeping	Cravings

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Avoid triggers	Nicotine patch	Anxiety	Lung Cancer	Asthma
Trouble Thinking	Fear	Gum Disease	Trouble Sleeping	Heart Rate
Tobacco	Boredom	**FREE**	Taste	Depression
Working Out	Remind self of benefits when craving occurs	Stress	Yellow teeth and fingernails	Chewing Gum
Esophageal Cancer	Addiction	Nicotine	Blood Pressure	Cravings

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