**1. Mein Rauchertagebuch**

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| **Zigarette** | **Uhrzeit** | **Tätigkeit/Ort** | **Laune/Grund** | **Dringlichkeit**  **(1–10)** |
| Beispiel | 7 Uhr | Beim Aufstehen | dringendes Bedürfnis | 10 |
| Beispiel | 10 Uhr | Pause bei der Arbeit | gestresst | 7 |
| Beispiel | 20 Uhr | Vor dem Fernseher | entspannt | 2 |
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| **Zigarette** | **Uhrzeit** | **Tätigkeit/Ort** | **Laune/Grund** | **Dringlichkeit**  **(1–10)** |
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