**1. Mon journal de fumeur**

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| **Cigarette** | **Heure** | **Activité/lieu** | **Humeur/raison** | **Nécessité** **(1-10)** |
| Exemple | 7h | Au lever du lit | Besoin intense | 10 |
| Exemple | 10h | Pause au travail | Stressé | 7 |
| Exemple | 20h | Devant la télé | Détendu | 2 |
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| **Cigarette** | **Heure** | **Activité/lieu** | **Humeur/raison** | **Nécessité** **(1-10)** |
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