

# Help I'm Smoking Again!

Back to smoking again?

What can you do to get back on track?

First don't beat yourself up. Avoid telling yourself that you are a failure. Negative thinking like that is not going to help you quit for good.

Instead, think of quitting as a learning process. You have probably learned some valuable information about yourself during this quit. So, take a minute to review your latest quit:

## What Worked?

Which trigger situations were the easiest to deal with?

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When did you feel the most comfortable not smoking?

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What coping techniques worked best for you?

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## What was the problem?

What situation provided you with the biggest challenge?

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How did that challenge lead you back to smoking?

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Now that you are no longer in that situation, how could you have handled it differently?

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Now, use this information to set the stage for your next quit.

My new quit day is \_\_\_\_\_.

**REMEMBER: NEVER QUIT QUITTING!**

**If you are using a smoking cessation medication review the usage instructions with a healthcare professional. You may need to change your dose when you quit again.**

## **Help I've Had a Cigarette!**

Are you feeling guilty right now?

Watch yourself.

Guilty feelings just produce more and more negative feelings. These negative feelings whirl around in your head until you begin to doubt your ability to quit. Or worse yet, you convince yourself that you are weak and unable to go on. You actually talk yourself into smoking again.

Don't think that it's o.k. that you had that cigarette but don't beat yourself up either!

Instead, think about quitting as a learning process. Remember back to when you learned to ride a bicycle. If you feel off, you figured out what the problem was, corrected it, and got back on. You didn't just storm away and say, "I can't do this!"

Don't storm away from this quit and talk yourself into smoking again.

Instead, learn from the experience:

Most people slip because they do not cope in a specific situation. Take a few moments to review what that situation was for you:

What was I doing when I had that cigarette?

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Where was I?

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What was I thinking?

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What was I feeling?

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What else could I have done in that situation instead of smoke?

Create a coping plan for this situation in the space below. Be prepared to use this plan next time you get in this situation.

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If you are still smoking, ***stop now!***

If you bought a pack of cigarettes, ***throw them away.***

If someone gave you the cigarette, ***make a commitment to yourself not to ask anyone for cigarettes again.***

A few other tips:

**Never accept a cigarette just because someone unknowingly offers you one.** Don't play the game, "We'll someone offered it to me. I have to smoke it!"

**Focus on how long you have been smoke free.** In the space below, mark how many days you were quit before the slip.

I've been quit \_\_\_\_ days and I am proud of myself!

**Discuss the slip with a friend.** Talking about what happened can help you figure out how to cope in the future.

**Stay positive.** Be careful of negative thoughts. Negative thoughts just create more negative thoughts. They lead to dark, icky feelings that will overwhelm you like a cloud of smoke.

**Refocus your efforts.** Make the commitment to stay on track!

**Remember: If you are on a diet and happen to eat a piece of cake, that does not mean you have to eat the *whole* cake!** The same thing applies to smoking. One cigarette does not mean you have to smoke another. And it certainly does not mean you have to smoke a whole pack!!

Final Hint: If you are using nicotine gum or the lozenge use a piece when you encounter situations similar to the one that lead to your slip. The medication will help you deal with the situation while you are learning to cope.