

Learning from past quit attempts



Don't be discouraged from quitting if you've already tried unsuccessfully in the past. It's completely normal to take more than one go, in fact it's very common. It's also worth remembering that your previous attempt/s weren't wasted – you'll have learned valuable lessons from those experiences which will greatly increase your chances of succeeding this time. Every quit attempt brings you closer to stopping smoking for good.

Number of times I've tried to quit before _____

Longest I managed not to smoke for _____

Fill in the table below to see what (and who) helped the most when you tried to quit before – you can build these activities, thoughts and people into your new quit strategies.

This helped me not to smoke

1.
2.
3.
4.
5.

What did not help?

This made it harder to quit

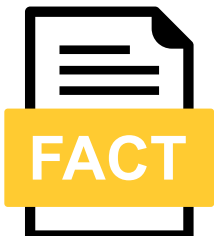
1.
2.
3.

How did you feel physically last time you stopped? If you felt bad, what did you do to make you feel better?

Is there anything that worries you about quitting again, for example something that you found particularly hard last time that you're worried will happen again?

Are you worried about how you'll cope with stress once you quit smoking?

YES NO



Smoking doesn't actually relieve stress. But lots of smokers think it does, and this is understandable because of the tricks nicotine plays on us.

Here's what actually happens: We know that nicotine is addictive. So when you inhale, you get a hit of nicotine which makes you feel good. This wears off after a short time, and when it does you begin to feel withdrawal symptoms such as irritability and anxiety. This makes you think you're stressed out, so you light up another cigarette to make you feel better. It's a vicious circle.