

Overcoming relapses



Had a slip-up? Don't worry – you can get back on track. If you have smoked, don't beat yourself up. Commit to learning from the experience so that you can use it to help you not to smoke again. Use the questions below:

1. Why did you want to quit smoking in the first place?

2. What was the situation that led you to smoke? What were you doing and who were you with?

3. How did smoking the cigarette make you feel? Did you enjoy it as much as you thought you would? Did it make you feel better about your problem?

4. If a similar situation or problem arises again, is there a different way you can deal with it? Make a plan for what you will do next time.
