

Fact Sheet 11—How to Stay Quit: Dealing with Smoking Relapse

Most people try quitting smoking a number of times before they quit for good. How you deal with relapse will determine your ultimate success. If you feel you are slipping back into your old habits, try the following:

- Take action, stop smoking immediately and get yourself out of that situation.
- Remind yourself a slip is just a mistake, not a failure.
- Figure out what triggers caused your slip: Where were you? What were you doing? Who were you with?
- Plan on what you will do if this situation comes up again, what action will you take? How will you cope?
- Review your reasons for wanting to quit.
- Find a support person; don't be afraid to ask someone for help.
- Keep practicing at being smoke-free until it becomes permanent.