

A SLIP DOES NOT A RELAPSE MAKE

LIFESTYLE CHANGES TAKE TIME

SLIP - PICK YOURSELF UP AND START OVER AGAIN!

Smoking 1 or 2 cigarettes does not mean all is lost. Don't be discouraged. Read over your list of reasons to stay off cigarettes. Keep your list handy and look at it several times per day. Just because you've had a slip doesn't mean you've become a smoker again. Don't go out and buy a pack. Learn from your experience.

- WHAT PROMPTED YOU TO SMOKE AGAIN? _____
- HOW CAN YOU COPE BETTER NEXT TIME? _____
- REWARD YOUR SMOKE-FREE SELF! _____

RELAPSE - TIME TO MAKE A NEW COMMITMENT!

Your commitment to stop smoking will be challenged by stressful life events. If you've gone back to smoking (5 or more cigarettes per day on a regular basis), don't despair. You will need to decide again if you want to smoke or to renew your commitment to quit. It may take several attempts to quit for good. CONGRATULATE YOURSELF for the time you were smoke-free. You did it once; you can do it again. Success is just around the corner.

- WHAT PROMPTED YOU TO SMOKE AGAIN? _____
- HOW CAN YOU COPE BETTER NEXT TIME? _____
- SET A NEW QUIT DATE FOR A LESS STRESSFUL TIME _____

AND START OVER AGAIN!





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