

Staying quit for good



Plan ahead

What made you decide to quit smoking? How long did you think about quitting before you decided to quit?

After going through the hard work to quit, you'll face opportunities to have *just one* cigarette. In that moment, it's easy to forget why you quit. Thinking ahead and planning how you will respond in challenging situations will help you stay tobacco free.

Lapses

If you ever do give in and have just one, *do not feel guilty*. You lapsed. You did not fail. View it as a one-time event. It's a chance to figure out what to do in the future to keep you from lapsing again. Just make sure that lapse doesn't continue or turn into a relapse. Try these 5 steps:

1. What happened?
2. Why did it happen?
3. What solutions can you think of that will help you get through challenges in the future?
4. Which solution will you try?
5. How did your solution work? Do you need to try something else?

Getting back on track

If you relapse and start smoking again, don't be discouraged. Treat your relapse as a learning experience you can use later. Every attempt to quit moves you closer to success. Call on your friends and family for support. Think about any times in the past you have been successful, or difficult challenges you have overcome. Try something different. Try a new quit aid or medication. Delay your next cigarette for a few minutes. Don't give up.

You can do it.

Next step

Are you ready to give quitting another try? If you're ready now, set a new quit date and start working on your new plan. If you're not ready now, what will it take to be ready?