

Dealing with Setbacks



You may have been unsuccessful in your last quit attempt. Maybe even in your last few quit attempts. When this happens, it is common to feel disappointed or feel like you have failed. This feeling may have discouraged you from trying again.

Remember that research has shown that most smokers try to quit a number of times before they are able to quit for good.

- ✓ Try thinking of your previous attempts as practice for the day you will quit forever.
- ✓ Instead of blaming yourself, think about all that you have learned from each attempt that will be helpful to you now.
- ✓ If you use tobacco again, don't be too hard on yourself. Forgive yourself and remember it takes courage to quit smoking.
- ✓ One slip does not mean that you are a failure or that you cannot be a nonsmoker.
- ✓ If you slip, it is important to get yourself on the nonsmoking track immediately. Review your triggers and coping skills, and try again.

IMPORTANT POINT TO REMEMBER:

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Slip or Relapse

What if you do smoke? The difference between a slip and a relapse is within your control. When you have a slip, it means that you had a cigarette without thinking things through. **You have a choice at this point!** You can use the slip as an excuse to go back to smoking, or you can look at what went wrong and renew your commitment to staying off smoking for good.

What reasons stopped you from achieving your goals?

Physical Addiction/ Withdrawal symptoms

- ✓ Remember that withdrawal symptoms are most severe within the first 1 to 3 days of abstinence, and can often continue for several weeks. The physical symptoms of withdrawal, while annoying, are not life threatening. Nicotine replacement or medications can help reduce many of these physical symptoms.
- ✓ In addition, if these symptoms were severe and caused you to smoke, you could be successful in future quitting if you used more or different medications.

Psychological Addiction

- ✓ If you have been using tobacco for any length of time, it has become linked with many of your activities - watching TV; attending sport events; while fishing, camping, or driving your car. It will take time

to "un-link" smoking from these activities. That is why, even if you are using medications, you may still have strong urges to smoke.

- ✓ If these psychological reasons caused you to smoke, you could be successful in future quitting if you used more or different support and counseling treatment.

IMPORTANT TIP TO REMEMBER

If you have recently tried to quit and slipped up or started smoking again, just get right back on track – you haven't lost any time and will probably be more successful this time if you learn from your mistakes in the past!

Remember the reasons you wanted to quit smoking.

Where are the places that you should avoid to stay smoke-free?

What are some habits you can change that could make a difference while trying to quit?
