

Stop Smoking Service

How to Survive a Relapse

If you are concerned because you smoked again after an attempt to give up, take your time to plan for your next try. You will need to make an action plan which takes into account the things that you have learned from before. You will be more likely to succeed if you think back to the situations that might have caused you to start smoking again.

If you want to make another attempt to stop smoking:

Think about what led up to your lapse

- What was going on?
- Where were you?
- Who were you with?
- What were you doing / thinking / feeling?

Recognise the problem

- How did it feel to have a cigarette?
- Was it what you thought it would be?
- Did it help?
- Did you feel better or worse?
- Did it make the problem go away?
- Did you try other ways to cope?

Decide

- How will you handle the problem next time?
- Consider other activity like calling someone to help you not to be tempted to smoke, go for a walk or into another room, have a drink of water etc.

Don't feel guilty

- Learn from the lapse and let it go. It doesn't have to mean that you have failed.
- Don't let a lapse lead you to give up all your hard work to that point.

Be positive

- Think of other qualities in yourself that are being improved by your attempt to stop smoking.
- Focus on how good it will feel to have managed change in your smoking habit.

Be patient with yourself and be proud of yourself.