

What Do I Do If I Lapse?

I stopped smoking for a while but what if...

- I bummed one or two cigarettes
- I bought a pack and I'm smoking the first cigarette
- Something happened and I smoked a few cigarettes

What should I do?

If you slip:

- **Do NOT finish the pack.** Throw it away immediately. Run the cigarettes under water.
- **Don't beat yourself up.** Instead...
- **Analyze the situation.** What was it about the situation that made you want a cigarette? Where were you? With whom were you? What was occurring before you smoked? How could you handle it differently in the future? Remember having a plan of action other than smoking is the best way to avoid future difficulties.
- **Think of it as a "slip" and not a "relapse."** Just because you have a cigarette, or even several cigarettes, does not mean that you have reverted to being a smoker. A slip is a mistake, and that's it. Throw away the pack, recommit yourself to not smoking, and proceed with your efforts.



➤ Don't tell yourself, "I just can't stop smoking." Tell yourself, "**I choose not to smoke any more cigarettes.**"

- **Congratulate yourself** for turning your slip into a positive learning experience, and remind yourself that *you are still a NONsmoker!*
- **Review your handouts and useful strategies**
- **Remember: You can do it!**

