Handout: The Relationship Between Smoking and Alcohol Use

Smoking and alcohol use can often influence one another. For instance, some people might notice that they crave a cigarette whenever they have an alcoholic drink. For others, alcohol use might enhance the sensations they experience when smoking.

How is your smoking and alcohol use connected?

Have you ever tried to change your smoking or alcohol use, and notice that the other one interferes in some way? If yes, how so?

Often, if someone continues to drink alcohol after quitting smoking, alcohol use can be a risk factor for smoking relapse. Consider whether this might be an issue for you. In addition to reducing/quitting drinking, some people may even avoid alcohol-related places (e.g., bars) when they initially quit smoking. How might your alcohol use impact your ability to quit smoking?