

# KEYS TO SUCCESS

## PLAN AND PREPARE



Successful quitting requires that you plan and prepare. First, identify the triggers or situations that cause you to be tempted to smoke or drink. Thinking about your previous quit attempts and the situations that currently cause you to smoke or drink can be helpful in identifying your high-risk situations. Second, make a plan of action for coping with high-risk situations using your ACE strategies – AVOID, COPE, OR ESCAPE. Finally, remember your reasons for quitting/changing drinking and maintain your commitment to being a nonsmoker!

## USE YOUR ACE STRATEGIES



Successful quitting requires that you learn how to handle high-risk situations and triggers to smoke or drink. The three key strategies are to AVOID, COPE, or ESCAPE from any situation that might trigger urges or smoking/drinking. These are your ACE strategies. First, AVOID high-risk situations if you can. Second, if you find yourself in a high-risk situation, COPE with urges or temptations by using your personal tools for quitting. Finally, if your urge or craving is too strong, or you feel like you might smoke or drink, ESCAPE from that situation.

## MAINTAIN YOUR COMMITMENT TO COMPLETE ABSTINENCE



Research has shown that a key to success in quitting smoking is your commitment to complete abstinence. Do not smoke after your quit day, not even a puff. Any smoking, even a puff, greatly reduces your chance of quitting successfully. Remember that you made a wise choice to quit smoking. Don't let anything cause you to waver in your decision.