

## 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?

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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?

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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?

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