“It was great to talk with you.

Thank you for your interest in learning what to do if you’ve slipped and smoked a cigarette or two after you’ve quit. I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”

Have you slipped and smoked a cigarette or two? Are you feeling guilty right now? It is important to not beat yourself down.

Guilty feelings can lead to more negative thinking. These negative thoughts can whirl around in your head. Then you might begin to doubt you are able to quit smoking. Or worse, you might talk yourself into going back to smoking.

Don’t dwell on the fact that you smoked. Think about quitting as a learning process. When you learned to ride a bike, you had a few falls. You may have been upset at the time. But you did not stop trying. Riding a bike was something you really, really wanted to do. So you got back on. You learned from your mistakes. You rode better because of it. Then one day, it took no effort at all to keep from falling.

You have come too far to fall back to smoking!

Focus on your success
Think of all the cigarettes you did not smoke since your Quit Day. Do the math. Wow! That is a lot of progress. Think of all the urges you beat. That’s a lot of good coping. You are well on your way to a smoke-free life.
Help! I’ve Had a Cigarette

Plan Ahead
Most slips happen because of poor coping tools. Coping tools that work well most of the time may not be enough all of the time. When do you need better coping tools?

Take a look at what happened when you first lit up:

- Who was there? ____________________________________________
- What were you doing?________________________________________
- What were you feeling?______________________________________
- What were you thinking?_____________________________________

Which of the above was the strongest trigger for lighting up? What tools can you add to your quit plan to manage this trigger?

Be prepared to use your plan. Use it the next time you are in the same spot. Talk to a friend or Quit Buddy about your slip. You may get new ideas on how to cope. Don’t repeat the same mistake.

Stay positive. Be sure to avoid negative thoughts. They will lead you down the wrong path. Think hard about what is working – and keep going! Keep moving ahead.

Important
- If you are still smoking, stop now!
- If you bought some smokes, throw them away.
- Did you get a cigarette from someone else? Commit not to ask for, or accept, one again.
- Refocus your efforts.
- Make a promise to yourself to stay on track.

Use your quit-smoking medicine
Stay on track. Don’t stop or cut down too soon. Are you using nicotine gum, lozenges, or an inhaler? You can use extra when you are in a tough spot. Reach for your medicine instead of a smoke. Always carry some with you.

Use your health coach
Stick with it! Your health coach is prepared to stick with you until you succeed.

A healthier life is on the line for you!
## Take Action

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<tr>
<th>My SMART* goal for this week</th>
<th>Check when completed</th>
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<td>Do your best to reach the SMART goal you set with your health coach. Write it here. Check the box when you have completed it.</td>
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<th>Staying on the path to wellness</th>
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*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “The next time someone offers me a cigarette, I’ll say, ‘No thanks. I don’t smoke.’ I’ll reach for my nicotine gum instead.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.