

Week 5

Relapse prevention

Congratulations! Stopping smoking is a great achievement and so far you are doing really well. The important thing now is to make sure that you stay off cigarettes. Try to stay one step ahead of situations that you may find difficult or that may take you by surprise:

Irrational thoughts: such as “I could have just one”, “one wouldn’t matter”, or “I’ll just have one puff”. Recognise that these thoughts will lead you down the path towards relapse, and undo all your hard work.

Trips away from home: These can be holidays where you are more likely to be relaxed or work trips where you may be anxious. Expect to be tempted but expect to beat it! Think of other things you can enjoy while you are away.

Social occasions: Alcohol can weaken your resolve, it may help to choose a drink that you don’t associate with smoking. Prepare for the situation in advance, for example, what could you say if someone offered you a cigarette. If you are using NRT, remember to take it with you!

Feeling down, angry, frustrated: Its not easy to manage your feelings when you feel like this but try reminding yourself that you ranager/frustration/depression will still be there to deal with if you have a cigarette. If you start again you will have to tackle giving up smoking again from scratch.

A few weeks after a quit attempt some people often think about the ‘pleasures’ of smoking. This is natural, as people often tend to remember the good things rather than the bad things in life. Remind yourself what you didn’t like about smoking and why you wanted to give up and remind yourself of the benefits you have noticed since you gave up. Remind yourself that the feeling is temporary and it will go away.

Remember:

It was your choice to give up smoking, think of what you have gained from giving up.
You are in control of your desire to smoke.

Have confidence, you’ve got this far!

You can always call your advisor or Smokefree Camden on **0800 10 70 401** if you would like some further support.