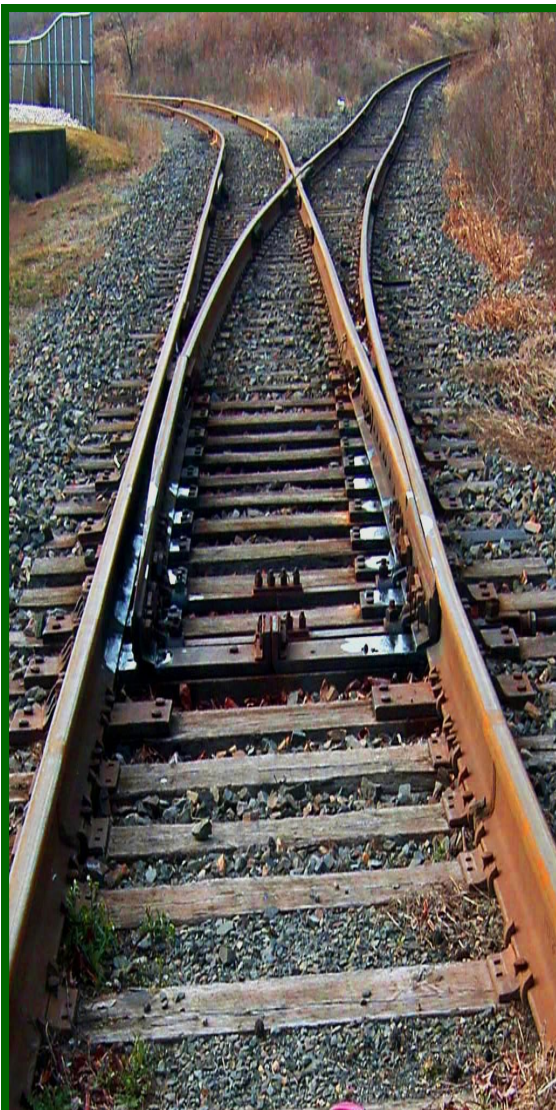


# Getting Back on Track after a *Slip/Relapse*



**Slips** are mistakes that happen to everyone quitting tobacco at least once! You may slip and use tobacco once, twice, or even four or five times. Most important is that you don't return to your tobacco habit.

A **Relapse** is a complete return to your old habit. A slip can lead to a relapse if you let it.

**Don't beat yourself up!**  
**Slips happen to everyone.**

Review your plan to bypass triggers!  
Often hidden triggers or participating in activities that were last experienced while using tobacco are common reasons for slips or relapse. Stay alert to your triggers!

## **Remember**

Slips are opportunities to learn and get back on track with quitting!

If you find yourself talking bad about yourself, such as, "I must not have any willpower!", then...



**Tell yourself slips happen. Ask yourself, what did I learn from this?**

## **Negative Talk**

"One won't hurt me."

"I felt better when I was using tobacco."

"I've cut back, that's better than I was."

"I am just too stressed to quit right now."

## **Positive Talk**

"Tobacco is no longer an option for me."

"This urge will go away if I think about something else."

"I've done hard things before and been successful."

"I will not use tobacco right now."