

# **S** O YOU'VE **STARTED** **SMOKING** **AGAIN**



**THE UNIVERSITY OF PITTSBURGH**  
**National Smoking Cessation**  
**Specialist Certification Program**

# SO YOU'VE STARTED SMOKING AGAIN

## What can you do?

- **Don't be hard on yourself.** Many people try more than once before they quit completely!
- **Learn from your mistakes.** Next time, try handling the situations that caused you problems in a different way. The idea is to avoid making the same mistakes over and over again.
- **Think about your attempt to quit.** Make notes to yourself here about it, then clip out and carry with you for future reference.

### MY QUIT-TIPS

What were the easiest situations for me to deal with? \_\_\_\_\_

What were the hardest situations for me to deal with? \_\_\_\_\_

In what situation did I smoke my first cigarette since quitting? \_\_\_\_\_

Which techniques worked to help keep me smoke-free? \_\_\_\_\_

Which techniques didn't work for me? \_\_\_\_\_

What can I do differently next time? \_\_\_\_\_

- **Ask your pharmacist for the "Thinking About Quitting" packet of materials** if you have not received them. If you do have them, review them and ask your pharmacist if you have any questions.
- **Don't give up!** Renew your resolve to quit. Pick a new quit date, mark it here, and use this experience to make your next try a success!

**My new quit date:** \_\_\_\_\_

**Developed in cooperation with Frank Vitale, M.A.  
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