



WHAT TO DO IF YOU SLIP

6 to 9 lifetime quit attempts for the average tobacco user

- If you slip, you can still successfully quit – it was just a mistake, not a relapse
- If you use tobacco, stop again right away – throw it away
- Write what made you slip in your Personal Progress Tracker and what you could have done differently
- Recommit to quit
- Reward yourself after you quit again

If you go back to using tobacco:

- Keep practicing! Don't think of it as a failure. Keep trying until quitting becomes permanent
- Reward yourself for whatever progress you make
- Call your buddy
- Make a list of triggers and what you'll do the next time you're in that situation



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