

RELAPSE PREVENTION AND RECOVERY

If you are seriously considering smoking, take some time to think about the answers you'd give to the questions below.

<ul style="list-style-type: none"> • Why did I quit smoking? 	
<ul style="list-style-type: none"> • How long did I smoke? 	
<ul style="list-style-type: none"> • How long have I been smoke-free? 	
<ul style="list-style-type: none"> • How long do I think it should take to be free of this habit? 	
<ul style="list-style-type: none"> • If I go back to smoking, will I want to quit again? 	
<ul style="list-style-type: none"> • How long will it be before I do? Weeks...months...years? <i>When illness strikes?</i> 	
<ul style="list-style-type: none"> • Will quitting be any easier next time around? 	
<ul style="list-style-type: none"> • What do I think smoking will do for me? (benefits??) 	
<ul style="list-style-type: none"> • Is it worth giving up what I've worked so hard to do? 	

REMEMBER!!! If you have ONE cigarette, it will be hard to stop yourself from having the next one. However, if you DO have one cigarette, and even one more, STOP NOW and go over the above questions again. One cigarette makes it hard to get back to not smoking, but doesn't mean you have failed!!! Don't use that one cigarette to convince yourself you can't do it, because you CAN! But make it easier on yourself and don't have that one cigarette.