

Quitting Tobacco: It May Take Many Tries

When you stopped smoking or using other tobacco products, you were sure it was for good.

But sometimes, like so many difficult things in your life that you can now do well, quitting takes practice.

When you think back to when you first tried to do these things, it probably felt really hard. But over time, they became easier to do.

If you're using tobacco after you've quit, it's okay and you're okay.

It takes most people more than one try on their quit journey.

That's because quitting takes courage, strength, and practice.

And with each try, you learn something new about yourself— and more about what works and what doesn't.

Take a moment to honor the fact that each time you quit, you get closer to the reason you want to quit for good.

So how can you make this time different?

Maybe you can think about everything you've learned about yourself, your triggers, what helps, and what doesn't.

And with that knowledge, you might even decide to try something new, such as new medicine or even a digital app or program.

Or make an appointment with a counselor.

A counselor's role in helping you quit is to help with the relationships, stress, or depression that may be triggering the tobacco use.

Consider combining tools, such as counseling and using medicine.

Or planning what to do when you have a craving, such as finding something truly rewarding that you can do during those times when you want to use tobacco.

If you often use tobacco around people at work or around friends or family members, it may help to talk to them.

Let them know you're trying to quit and that you need their support.

It can also help to talk to someone who has quit in a way that would be motivating to you to get ideas of what to do next.

Whether you've quit many times before or this is your first restart, what matters is how you use the experience.

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Let what you've learned move yourself toward your goal to become your best self.