

Quitting Tobacco: Managing a Slip-Up

It takes hard work, time, and commitment to quit smoking.

And whether your goal is to stop smoking or vaping or using other tobacco products, it's a big achievement to reach that goal.

Having a slip-up can make you feel guilty and disappointed in yourself.

But the truth is, slip-ups happen, and they happen to almost everyone who quits.

Here's how to manage a slip-up so you can finally quit for good.

Keep track of the things that trigger you.

When you see patterns, you can learn to manage your triggers or avoid them altogether.

Try using nicotine replacement products to control your cravings.

Over-the-counter products include the patch, lozenges, or nicotine gum.

It may also help to talk with a counselor or other health professional.

They can help you with a quit plan and tell you about other resources.

Combining counseling, medicines, and nicotine replacement products can also increase your chances of quitting.

Ask people not to use tobacco products around you.

And try to spend more time with people who want you to succeed.

Join a support group, find an online quit program, or call a quitline.

Or try text messages or apps that help with quitting.

A lapse can lead to a relapse, but it doesn't have to.

Use what you learned from your slip-up to fine-tune your quit plan and commit again to your goal.

Remember why you quit—and keep on quitting.