

## I've tried to quit, but I went back to smoking

### Tips to Manage Slips

Slipping means that you smoke a cigarette after you've quit. Here are some things to consider if you quit and slip:



- Learn from your slip. What was going on when you had a cigarette? Were you stressed? Bored? Drinking coffee? If you can identify what led to your slip, you can prepare for managing those triggers in the future.
- Remind yourself of your reasons for quitting. Remembering why you quit can strengthen your motivation to stay quit.
- Get back on track as soon as you can! Slipping does not mean you need to keep smoking.

### Learning from Relapses

Relapse are when you start to smoke regularly after you've been able to quit. Here are some things to think about if you've relapsed and are ready to quit again:

- What was helpful in quitting? Did you use a specific medication that you liked or didn't like? How did you deal with cravings or triggers?
- Identify what led to your relapse. You'll be able to prepare yourself if you face the same challenges again.
- You are the expert and know what works best for you. What you learned from your past experiences can help you plan to quit again.

**Remember that slipping and relapsing are normal! Quitting for good takes practice---most people need to try a few times before they quit for good.**

#### FREE ways to get help with quitting tobacco

- If you have **questions**, want **free information**, or **free in-person, one-one-one coaching** - call MGH Community Health Associate's [Living TOBACCO-FREE](#) at 781-485-6210.
- If you want **free over-the-phone coaching and free nicotine patches** - call the Massachusetts Smoker's Helpline at **1-800-Quit-Now** or **1-800- Déjalo (Spanish)**. Other languages: 1-800-784-8669. Deaf/TTY: 1-888-229-2182. 24 hours a day, 7 days a week. For more information, visit [Make Smoking History](#).
- If you want **free online help with quitting** - visit [Smokefree.gov](#) (also offers **texting** programs) and [BecomeAnEX.org](#).
- If you are a **Partners HealthCare employee**, contact **Partners in Helping You Quit** at 617-724-2205 or [PiHQ@partners.org](#). You may be eligible for free medication or over-the-phone counseling to help you cut down or quit.



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