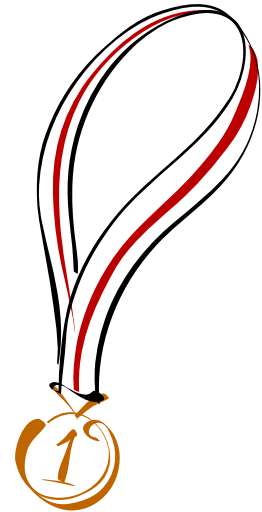


# Inova TobaccoNET

## Chat & Stats Session 9

# Avoiding Relapse

- You have accomplished a lot over the last 8 weeks!
- Maintenance is now your focus
- If you had a slip, and didn't abstain totally, don't beat yourself up
- Learn from your slip and jump right back into your recovery plan with this new knowledge



# Prepare For Setbacks

- A setback should not destroy your progress completely
- You've worked hard to get where you are!
- The key is to prepare yourself for coping with setbacks by having a relapse prevention plan in place

# Overcome the Setback

- When a setback happens
  - **Realize** you are not a failure
  - **Recharge** your motivation
  - **Reassess** and recommit to your goals
  - **Return** to healthy behaviors

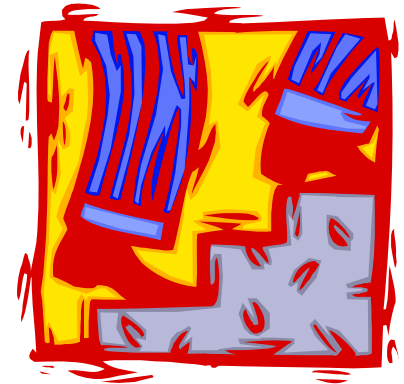


# Get Back On Track

- Avoid adopting an all-or-nothing attitude with your tobacco cessation goals
- Be realistic, accept responsibility for your behavior or minor set back and move on
- Practice self-forgiveness; mistakes happen and remember “ to err is human”
- Avoid negative self talk

# Recharge Your Motivation

- Don't focus on the setback
- Focus on recovering momentum to move forward
- Gain back your motivation by taking one small step at a time
  - Your next step may be to not use tobacco in the next 15 minutes
  - The time interval will lengthen as you progress on the road to recovery



# Be Good To Yourself

- By this week, some of your physical symptoms may have disappeared or be decreasing
- Continue with kindness and pampering yourself
  - You are still at the beginning of a major lifestyle change!
  - Practice deep breathing and relaxation exercises
  - Have fun! Take time for enjoyment

# Stay Motivated



- Motivation is the key to maintenance
- Stay focused on using relaxation techniques, substitutions and new coping skills you have learned
- We succeed at that which gets our attention

# I Am a Non-Smoker!

- Think and behave like a non-smoker
  - I am not using tobacco products today
  - I am personally motivated to not have tobacco in my future
  - I have a better awareness of tobacco and its effects on me
  - I have a plan and coping skills to help me deal with this addiction

# Next Steps

- Return to Session 9
- Read through the Tipsheets
  - They will help you prepare your relapse prevention plan
- Complete your Personal Activity for the week