

# Inova TobaccoNET

## Avoiding Relapse

To avoid relapse, you have to be honest with yourself, and be willing to take preventive action. Focus your thoughts and energy toward recovery.

- Think about the effort you have put thus far into quitting.
- Remind yourself of the physical and emotional costs brought on by your addiction.
- Consider how you will feel about yourself if you use tobacco again.
- Imagine having to tell your friends and family you've started using tobacco again.
- Tell yourself that you are grateful for becoming tobacco free!
- Get involved in a healthy, enjoyable activity.
- Call on someone in your support system.
- Take a walk and breathe in the fresh air.
- Repeat your affirmations.
- Remember that the craving will pass.

If you have started to use tobacco again, get back on the program as soon as possible.

Please do not berate yourself. A relapse provides an opportunity to learn from your experience. It is your responsibility to identify what has been missing from your recovery program.

Discussing your relapse and re-reading the program materials can help you realize what steps you need to take to get back on track and stay there.

