

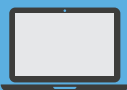
## Tips if you slip

If you have a cigarette, don't get discouraged – you can get back on track!



Here are some tips to help you succeed:

- Don't be too hard on yourself – many people who try to quit smoking have a cigarette. It's OK. You can do this, so stay positive!
- Think about how long you went without smoking and avoided triggers and successfully beat cravings.
- Restart your efforts to quit as soon as possible.
- Use **nicotine replacement therapy (NRT)** to improve your chances of quitting permanently. Talk to your health coach on LiveHealth Online Tobacco Free about which nicotine replacement options are right for you.
- Get help to stay tobacco-free from family, friends and your health coach.
- Ask yourself questions such as:
  - What did you learn when you weren't smoking?
  - What helped you to not smoke?
  - What caused you to slip and have a smoke?
  - What can you do to make sure you quit smoking?
- If the idea of quitting forever seems overwhelming right now, prepare yourself to quit on a future date. You could try a **practice quit** for several days to learn how to deal with triggers, cravings and other situations.



Sign up for **Daily Challenges** at [smokefree.gov](https://smokefree.gov)

This **program** is for smokers who want to quit, but aren't quite ready to stop completely. You can learn how to fight cravings and understand your triggers so you're ready for a practice quit or stopping for good.