

Learning from Your Past

As Mark Twain once said, "Quitting smoking is easy...I've done it a thousand times."

Those of you who have quit and gone back to smoking (or using smokeless tobacco) know that it can feel like a failure. You may be tempted to quit quitting because nothing seems to work.

But not many people stay quit after just one try. Every time you quit you find out more about what works and what doesn't, and it brings you closer to finding a way to make it work. What we have learned from people is that, if they are truly determined to quit, they will find a way to do it.

The activity below is designed to help you understand and learn from your past quitting experiences. Learning from the past may help you create a better plan if you decide to quit again.

1. Think about the times when you quit before and the different things you have tried. What was your most successful attempt? What made it better than the other ones?
2. What was the toughest part about quitting before? What could have made it easier?
3. What or who helped you quit before? Why did you decide the time was right then?
4. If you were ready to quit again, which way would you choose? Why?
5. How would you deal with the cravings and/or the stress of quitting next time?
6. Based on your other quit attempts, what could other people in your life do that would be most supportive?