Climbing Mt. StayQuit

**Think About Quitting Smoking as an Attempt to Climb a Mountain**

Some smokers are able to climb Mt. StayQuit quickly via **Trail B**. For others, this climb as shown in the diagram below via **Trail A** may take time.

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| * Adopt a realistic **long-term perspective** on changing.
* Although some people stop smoking the first time the try, for others it is a slower process.
* Yes, smoking cessation is hard, but **IT IS POSSIBLE!**
* If you should have **a setback** this **does not mean you have not succeeded.** You can use it as a learning experience and continue up the mountain.

IMPORTANT THINGS TO KEEP IN MIND WHEN YOU QUIT* Review the benefits of quitting.
* Think of the negatives of returning to smoking
* Avoid smoking situations or triggers
* Learn alternative ways of managing high-risk smoking situations
* You are breaking old habits and developing new ones.
* Picture yourself as a nonsmoker.
 | **Mt** |

#### RESEARCH TELLS US THAT THE FOLLOWING ARE THREE

#### MAJOR REASONS WHY PEOPLE RELAPSE

* Missed having hands busy or missed holding something, most notably when drinking alcoholic beverages.
* Missed the feeling associated with smoking.
* Felt uncomfortable with smokers.

#### REWARD YOURSELF

* Think of ways to reward yourself as you climb ***Mt. StayQuit.***
* Small rewards are a good way to celebrate your progress and to keep you focused on your ultimate goal: Quitting for Good!
* Use the space below to write your ideas.

**Each week without smoking**

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**Each month without smoking**

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**Every 3 months without smoking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Every 6 months without smoking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Every year without smoking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**