

# Oops! I Slipped!

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**D**on't slip. If you do, get right back on track as soon as possible. The most important part of a slip is what you do about it. How to handle a slip:

- Quit again immediately
- Get rid of all cigarettes
- Call a friend to help you
- Change your surroundings and leave the situation
- Take a brisk walk
- Read your list of reasons for not smoking

## Think!

Ask yourself:

What happened that led to the slip? What was going on? Where was I? What thoughts were going through my head?

## Analyze the situation

How did it feel to take those few puffs? \_\_\_\_\_

Was it what you thought it was going to be? \_\_\_\_\_

Did it help? \_\_\_\_\_

Did it make the problem go away? \_\_\_\_\_

Did you try any other way to help yourself cope? \_\_\_\_\_

**How will you handle this the next time?** \_\_\_\_\_

## Don't feel guilty!

People make mistakes.

A slip is a slip, not a total collapse.

Take a slip seriously; learn what you can about how it happened and go forward a little bit wiser.

*Within every problem,  
there is a lesson.  
Release the problem,  
and embrace the lesson.*