

## Slips and Relapse

**Slip** - Having a slip means you used tobacco after your quit date. It doesn't mean that you are back to using tobacco.

- Re-visit the reasons you quit
- Acknowledge the slip, and stick to your quit plan
- Get rid of any tobacco you purchased
- Determine what led to the slip
- Plan new strategies for dealing with triggers
- Call upon your social support system

**Relapse** - Having a relapse means you have returned to using tobacco after trying to quit.

- Re-visit the reasons you quit
- Re-assess your level of readiness and motivation to quit
- Learn from your successes and mistakes
- Plan new strategies for dealing with triggers and other difficulties
- Develop a new Plan
- Select a new quit date!

*The best thing to do after a slip or relapse is to  
get back on track.....*

