



Learning from past experiences



Lots of people make more than one attempt to quit smoking before they eventually succeed. If you have tried to stop before, don't let this put you off trying again.

If you've tried to quit before, use this exercise to help you remember what worked or didn't work last time. This will help you learn from and build on your experiences.

Times I've given up smoking before	How long I stayed stopped
1.	
2.	
3.	
4.	
5.	

Thinking about the times you stopped in the past, how did you do it? Which strategies were the most successful? List your answers below.

What helped me to stay stopped?	What things got in my way?



If you'd rather write your experiences on a separate sheet or if you run out of space, you can download this sheet from [bhf.org.uk/smoking](https://www.bhf.org.uk/smoking)

How did you cope physically during the time that you were off tobacco?

Does anything from your past experience of stopping smoking concern you about your next quit attempt? If so, what is it?

Is stress one of your concerns? Yes No

Myth buster

Smoking relieves stress



Lots of people think tobacco helps them relax and cope with stress, but in fact this is not true. Most smokers are caught in a trap. Nicotine is highly addictive. When they inhale they get a 'hit' from the nicotine and feel a rush of adrenaline which makes them 'feel good'. Unfortunately the 'positive' effects of nicotine only last a short while. When they wear off, the smoker can start to feel 'withdrawal symptoms' – such as irritation, and tension building up in their body – and they interpret these as stress. To reduce the build-up of these stressful feelings, a smoker will light up another cigarette. So round and round it goes, becoming a vicious circle.

