

Why did I relapse?

If you do have a relapse, it helps to take a step back and look at what happened – so you can avoid making the same mistake again. Was there an environmental trigger that made you want to smoke? A tough day at work? Not sure? Use our smoking relapse tool below to see if you can pinpoint what happened.

Where were you when you lit up?

Who were you with?

What were you feeling when you

decided to smoke? Stress? Anger? Sadness?

What time of day was it?

How did you get the cigarette? Did you buy a pack? Bum one from someone else?

Were you with other people who were smoking?

How many cigarettes did you smoke?