

Relapse

- When someone tries to quit and then starts smoking again, it is called **relapse**.
- When someone wants to quit, they go through lots of different stages on the road to quitting. This is sometimes called the “stages of change” as shown in this picture.
- This explains why **relapse** can be a normal part of quitting. A relapse can help a person learn how to quit successfully in the future.
- In the picture, you can see these ‘stages of change’ for the smoker:
 - doesn’t care about quitting
 - starts to think about quitting
 - starts planning to quit
 - quits
 - either stays quit, or relapses and goes through the cycle again.
- On average, it can take 3 to 4 tries before a smoker successfully quits smoking forever.
- Things like stress and depression are reasons that people **relapse**.
- Out of every 100 people who try to quit on their own (cold turkey), only 4 people make it through.
- Smokers are less likely to **relapse** when they have support from health workers and use NRT medication like patches and gum.
- Getting support will help you quit forever.

