

Barriers to Quitting

Have you tried to quit in the past. If so, then think about what caused you to relapse. Anything that stands in the way of your efforts to quit can be difficulties and can interfere with your success. This could be a barrier you need to address in this quit attempt. Think of these barriers as speed bumps that may get in your way of quitting successfully. If you are able to address these barriers, you can increase your chances of quitting tobacco. You can also think of these barriers as a “back door” that you leave open to justify your return to tobacco. To stop for good, it is important to close all of these backdoors so that you have no reason to return to tobacco.

Check each of the following barriers that may interfere with your efforts to quit:

- I tried to quit in the past, but it never worked
- I live with other people who are still using tobacco
- I am concerned about weight gain
- I don't know what to do without a cigarette or a chew
- How will I socialize with my friends who still smoke/chew?
- I am worried about how I'll handle stress
- I have a cigarette with my coffee, I am not sure if I can enjoy coffee without a cigarette
- I usually have a cigarette when I have a beer. It's hard to separate the two.
- I smoke when I'm bored
- I am afraid it will make my stress, anxiety, or mood worse
- I can't get back to sleep unless I smoke one
- It is the only vice I have left...I have quit everything else
- I don't know how to say “no”

Write in other barriers you have to quitting tobacco: