

Quit smoking attempt evaluation

As you prepare to quit smoking, it's good to assess why you've been unable to quit in the past to help you try and avoid the same outcome this time round.

Attempt	Month / Year	Duration smokefree	Quitting method Did you try any treatment options to help you get over the cravings?	Reason for failure What was the main reason why you went back to smoking?	How to beat it What will you do if this situation arises during this quit attempt?
1					
2					
3					
4					
5					
6					
7					
8					

You can use the information you write down here to develop strategies to help you avoid certain situations where you're likely to smoke.

Visit www.quitwithhelp.ie for quit smoking tips and a personalised quit plan.