*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**5 Stages of Quitting**

Most people make **four or five quit attempts** and may use a variety of methods before they quit for good. Remember, **an attempt is not a failure**! The fact that you have attempted to quit smoking increases the chances of eventually quitting for good.

People can move from one stage to another in order, but they can also move back and forth between the stages before they quit for good. Remember, a slip is not a failure but an important part of the learning and quitting process. Most people try to quit several times before they succeed…the chances of success increases every time they try to quit!

**Pre-Contemplation (Not Ready):** I’m not thinking about quitting, at least not in the next 6 months. You may feel hopeless to even think about trying to quit or not see it as a problem.

**Action:** I have just quit and real steps are actively being taken to quit. I am going through withdrawal. This is where a slip is most likely to occur.

**Contemplation (Getting Ready):** I’m thinking about quitting someday (within 6 months). You know you wish to change your behaviour and trying to figure out how.

**Maintenance:** I have quit smoking and I want to know how to never smoke again. This may be the hardest stage of all. You’ve reached your goal but really have to work at staying smoke free for good.

**Preparation (Ready):** I want to quit within the next month or two, and I want to know how to do it. You may have tried to quit smoking at least once this past year.