



HOW TO:

HAVE A DRINK Without Lighting Up



One of the most common reasons why people who have stopped smoking start again involves the use of alcohol. Some people believe a drink and a smoke just go together. If drinking alcohol triggered your desire to smoke, you can expect to feel very tempted when you're drinking. Don't be caught off-guard. If you know what to expect ahead of time, you can prepare yourself.

Many former smokers still enjoy a drink. It's not easy at first, but it can be done. Are you wondering how you can drink and still stay smoke-free? Here are some tips...

- ❑ When you first stop smoking, the smartest thing to do is to avoid alcohol for a while—maybe the first few weeks-- the period of time when staying away from cigarettes takes all your effort and determination. Don't set yourself up to fail! Have fruit juice instead of soda pop, or drink soda without caffeine. Or, choose non-alcoholic beer or wine. Many mixed drinks have non-alcoholic versions.
- ❑ Don't drink when you're alone; you may be even more tempted to light up just to have that cigarette keep you company when you're by yourself.
- ❑ As you become more comfortable being a non-smoker, socialize with your family and friends who don't smoke. Before you go out, remind yourself that you will not smoke. Tell yourself that you are a non-smoker and cigarettes are not an option for you today. Limit your alcohol intake. Have a drink and make your second non-alcoholic. Hold your beverage in the hand you always used to hold your cigarette. Play with a straw or swizzle stick if you need an oral substitute.
- ❑ Don't drink on an empty stomach.
- ❑ Tell your drinking buddies you've quit and ask them not to offer you cigarettes.

When you know you will be with smoking friends, practice turning down the offer of a cigarette beforehand. Be prepared for someone to say, "Go ahead, one won't hurt you!" Remember that one WILL hurt you. Nicotine has programmed your brain forever. It only takes a puff or two to lead you right back to your full-blown addiction. Don't let all your hard work and struggles go to waste.