

## Instructions for Wallet Card

1. Cut out entire card along dotted lines.
2. Fold along vertical lines first (Fold 1).
3. Fold along horizontal line (Fold 2).



Fold 2

Fold 1

If you've slipped and had a cigarette, don't beat yourself up over it. You can still quit and you should continue with your commitment to quitting. To get past this slip, try these tips:

1. Get rid of any cigarettes in your possession. If you are smoking a cigarette, put it out now!
2. Think of that cigarette as a "slip," not a "relapse." A slip of one or two or even a few cigarettes has not spoiled your efforts.
3. Discard your cigarettes, forgive yourself and try again. Even though you may be upset with yourself, do not beat yourself up. If you start smoking again, keep your Nicorette for your next quit attempt.
4. Make sure you use Nicorette correctly over the full recommended course of treatment — 12 weeks — to reduce your craving for nicotine.
5. Commit to quitting again right away.
6. Learn from your slip. What led up to your smoking? You now know this is a high-risk situation that will need better preparation next time. Remember, people who have already tried to quit are more likely to be successful the next time.

For more tips on quitting, visit [Nicorette.com](http://Nicorette.com)