

**Chronic
Nature**

**RELAPSING
CONDITION**

1

**Environmental /
Social stimuli**

2

**Nicotine
Withdrawal
Syndrome**

**Symptoms peak
in the first few
days and
subside within 1–
3 weeks**

3

**Addressing
Smoking Lapses,
Relapses, and
Weight Gain**

**Relapse
prevention**

8

**Barriers to
treatment and
relapse in Lebanon**

**Nadim Kanj MD FCCP
E mail: dk01@aub.edu.lb**

Smoking Cessation Workshop

May 11th 2013

**Sense of
Helplessness**

Ambivalence

4

**Managing
Barriers
to Quitting**

**Practical
Counseling /
Skills Training**

7

Barriers

**STRESSES
AND
HASSLES**

6

**Predictors of
success**

**Defining
Success**

**Levels of
Success**

5