The Road to Freedom - adapted from John Fisher's Transition Curve

Can I cope without cigs?

I’ve made up my mind – I’ll stop NOW

What impact will this have? How will it affect me?

This is harder than I thought

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Can I cope without cigs?

I’ve made up my mind – I’ll stop NOW

What impact will this have? How will it affect me?

This is harder than I thought

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt

Anxiety & Confusion

Fear

Relapse

Guilt

Depression

Hostility

Elation

Acceptance

I’m feeling better every day

Celebrating every breath

I’ve done it

Defeat

If it was that harmful it would be illegal

Bargaining & Rationalising

Why did I have that one puff?

Who am I?

One won’t hurt