

GENERAL TIPS FOR FRIENDS AND FAMILY

- **Do** respect that the quitter is in charge. This is his lifestyle change and his challenge, not yours.
- **Do** ask the person whether she wants you to call or visit regularly to see how she is doing. Let the person know that it's OK to call you whenever she needs to hear encouraging words.
- **Do** help the quitter get what he needs, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept cold in the refrigerator.
- **Do** spend time doing things with the quitter to keep her mind off smoking – go to the movies, take a walk to get past a craving (what many call a “nicotine fit”), or take a bike ride together.
- **Do** help the quitter with a few chores, some child care, cooking – whatever will help lighten the stress of quitting.
- **Do** celebrate along the way. Quitting smoking is a BIG DEAL!
- **Don't** take the quitter's grumpiness personally during his nicotine withdrawal. The symptoms usually pass in about two weeks.
- **Don't** offer advice. Just ask how you can help with the plan or program she is using.

IF YOUR SMOKER SLIPS...

- **Don't** assume that he will start back smoking like before. A “slip” (taking a puff or smoking a cigarette or two) is pretty common when a person is quitting.
- **Do** remind the quitter how long she went without a cigarette before the slip.
- **Do** help the quitter remember all the reasons he wanted to quit, and to forget about the slip as soon as possible.
- **Don't** scold, nag, or make the quitter feel guilty. Be sure the quitter knows that you care about her whether she smokes or not.

IF YOUR SMOKER RELAPSES...

Research shows that most people try to quit smoking five to seven times before they succeed. If a relapse happens, think of it as practice for the time he will succeed. Don't give up your efforts to encourage and support your loved one. If the person you care about fails to quit:

- **Do** praise him for trying to quit and for whatever length of time (days, weeks, or months) of not smoking.
 - **Do** encourage him to try again. Don't say, “If you try again ...” say, “When you try again...”
- Studies show that most people who don't succeed in quitting are ready to try again in the near future.
- **Do** encourage him to learn from the attempt. Things a person learns from a failed attempt to quit may help him be successful in a future attempt. It takes time and skills to learn to be a nonsmoker.
 - **Do** say, “It's normal to not succeed the first time you try to quit. Most people understand this and know that they have to try to quit again. You didn't smoke for two whole weeks this time. You got through the worst part. Now you know you can do that much. Now that you know you can get through the worst part, you can get even further next time.”

IF YOU ARE A SMOKER...

- **Do** smoke outside and always away from the quitter.
- **Do** keep your cigarettes and matches out of sight – they might be triggers for your loved one to smoke.
- **Don't** ever offer the quitter a smoke, even as a joke!
- **Do** join your friend in his effort to quit. It's better for your health and might be easier to do with someone else who is trying to quit!