

SUPPORTING SOMEONE WHO IS QUITTING

Being a support person is a very important job. Here is a brief list of suggestions on how you can help your friend or family member in staying tobacco free:

- Use a positive attitude toward the person making the quit attempt. Emphasize how proud you are of them to make the commitment to stop using tobacco
- NEVER remind them of previous quit attempts
- Come up with a rewards plan as the person remains tobacco free over a certain period of time perhaps, going out to dinner, buying something special, a massage, flowers, surprise gift
- Set up the quit date as an anniversary date and perhaps plan to celebrate at one week, one month 3, 6,9, 12 months, as you would a birthday
- Provide extra attention to your friend or loved one