

Getting support



How much support do you need to help you quit? Some smokers want to keep their quit attempt to themselves, especially if they weren't successful other times they've tried to quit. But there are many reasons to tell your friends and family about your plans to quit.

Former smokers understand what you are going through and share what worked for them.

Non-smokers can introduce you to new habits, activities, places and people.

Creating your support team

Who will support you? Ideas include:

- Family members
- Friends
- Your doctor
- Co-workers
- A health coach
- A support group
- Social media group
- Phone, texting, or app program
- Online discussion board

Asking for help

Even if they have the best intentions, not everyone knows how to help.

Make your friends and family aware of your goals and tell them what you need from them.

Be clear and specific when asking for help by asking people to:

- Be positive
- Remind you why you want to quit
- Congratulate you along the way – your 1st day, week, or month as a non-smoker
- Talk with you about how you're doing
- Check in with you regularly
- Be patient with you – withdrawal symptoms are temporary
- Understand that if you are irritable or moody – it's not them, it's your withdrawal symptoms
- Review your quit plan with you

Friends and family that smoke

Do any of your friends or family members smoke? This can make quitting even more difficult, especially if they live with you. Try this approach:

- Talk about your plans to quit with other smokers in your home. Ask if they are they interested in quitting with you.
- Ask for support.
- Request they not smoke around you.
- Make sure they don't leave cigarettes where you could easily find them.
- Ask that your home be smoke-free.

No matter how hard you try, there may be times that living with a smoker tempts you to reach for a cigarette. Make a plan for managing triggers and dealing with withdrawal symptoms to help you get past those urges. Always remind yourself about your reasons for quitting in the first place.

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Next Step

Who are you going to ask for support?

What do you need from them to help you be successful?