

How to Help Someone Quit Smoking

Is there a smoker in your life who you hope will quit? Keep in mind that you cannot make someone quit. A smoker will only quit when he or she is ready. The best thing you can do is offer support.

Do's and Don'ts¹

- **Do** make your home smoke-free. Only allow people to smoke outside. With rules, smoking will take more effort, so the smokers in your life may think about quitting.
- **Do** spend time together. Take a walk or watch a movie. This can help keep their mind off smoking.
- **Do** praise them. When they have quit for one week, one month, or more, plan something fun.
- **Do** stay positive, even if they slip or relapse. Quitting is hard.
- **Don't** nag, judge, or say things like, "You better quit or else!" Has nagging ever made you want to do anything? Instead, tell them you are here if they need help.
- **Don't** think their mood swings are about you. Withdrawal symptoms are common and will go away.
- **Don't** doubt that they can quit. Believe in them. This can make them want to become a nonsmoker.
- **Don't** give advice unless they ask for it. Instead, ask them how you can help.
- **Don't** give up. It may take many times before they quit for good.

Key Points

- Relapse is common. For most people, it takes several tries.
- The first two weeks are often the hardest.
- The most common reasons for relapse are:
 - » Stress
 - » Being around smokers
 - » Alcohol



**Call for FREE help to quit smoking!
1-800-300-8086**

¹ American Cancer Society. (2016). *Helping a smoker quit: Do's and Don'ts - General hints for friends and family.*