

## ONCE THE SMOKER HAS QUIT, HOW CAN YOU HELP?

*Don't be afraid to ask, "How are you doing?" Let the person know it's okay to say it's hard. Ask how you might be helpful. Most of all, remember that you can't control whether or not the smoker quits.*



### Is in the process of quitting .....What can you say?

This nonsmoker has been without cigarettes for up to six weeks. Is probably experiencing physical and psychological withdrawal and recovery signs. Once these pass, could pay less attention to staying smoke-free and start smoking again.

"Can I help?... You know you can call me if you want to talk about quitting... Let's go to the movies; no one smokes there!... This is hard, but I know it will get better... Once this is over I know you'll be glad to be a nonsmoker."

### Is working at staying quit .....What can you say?

This nonsmoker has been without cigarettes for up to six months and is getting used to life without cigarettes. Could smoke again due to a crisis or impulse but has many coping skills.

"Maria says that she still thinks about smoking too, but she's never felt better... You smoked for a long time and becoming a nonsmoker is a huge change... This is a big accomplishment, and I'm happy for you."

### Has had a slip .....What can you say?

This nonsmoker could return to regular smoking after one impulsive cigarette. Could feel guilty, angry, or discouraged. If this happens, will return to one of the previous stages.

"Slipping up doesn't mean you can't get back on track... You'll be better prepared if you can figure out why you smoked... All the skills you've been using will be there for you next time... I'm proud of the effort you've made."

## THERE ARE MANY THINGS YOU CAN DO TO BE HELPFUL. HERE ARE SOME DON'TS TO KEEP IN MIND:

- ♦ **DON'T** "check up" on the nonsmoker by sniffing for cigarette odor, checking ashtrays, or looking for cigarette butts in the trash.
- ♦ **DON'T** suggest a return to smoking no matter how cranky or discouraged the person feels. Offer to help figure out these feelings.
- ♦ **DON'T** say, "If only you had more willpower," or agree when the smoker says, "I don't have enough willpower." Quitting has nothing to do with willpower.
- ♦ **DON'T** let anything—even a return to smoking—stop you from telling the person how proud you are. Every effort to quit brings a greater chance of success. Be patient and optimistic that the next attempt will work.