

Seeking Support While You Quit

You will have a better chance of quitting successfully if you have help and support from your health professional, family, friends, and coworkers.

A doctor or mental health professional can help you tailor an approach to quitting smoking that best suits your physical and emotional needs. These people are also good sources of motivation and support during the quitting process.

Talk to ex-smokers about their experiences during and after quitting. People who have quit smoking may be particularly helpful, because they know what you are going through.

If you live with someone who smokes, let that person know specifically how he or she can support your efforts to quit smoking. Talk with him or her about not smoking in front of you. Better yet, ask that person to quit smoking with you. That way you can support each other through the quitting process.

Family and friends can help support and encourage you while you are quitting.

Remember **this group will help you quit smoking**. The more counseling you get, the better your chances of quitting. Counseling should help you learn to recognize and cope with situations that tempt you to smoke and provide information about successful quitting strategies.

Use the Internet. The Internet allows free access to information about quitting smoking and to chat rooms that can provide support for a person wanting to quit. One good internet site is:

NJ Quitnet (www.nj.quitnet.com/)

Section 7: Chapter 3

Getting support from your friends and family is very important when you're quitting smoking.

Can you list some people who you can get support from while you quit smoking?

Do you belong to any support groups that could help you quit smoking?

Yes, Describe: _____

No