

# How to Help a Friend Quit Smoking

What are the main reasons why I have decided to quit smoking? (examples: my health, my family, financial)

What are some things that have prevented me from quitting in the past? (Examples: stress, habit, social settings)

Here are a few reasons that might make me want to smoke: (Waking up, Driving in the car, Alcohol, Coffee, Breaks after meals, Boredom, Stress, Other)

What challenges will I face in the next few months that might affect my quit attempt?

(Examples: family wedding, neighborhood party, out-of-town guests, fear of failure, fear of gaining weight, dealing with stress)

What strengths do I have that will help me succeed? (examples: I am strong-willed, goal-oriented)

If I feel the urge to smoke, I will \_\_\_\_\_ instead of smoking. (Examples: use Nicotine replacement therapy, drink a glass of water, count to 20, remember my reasons for quitting)

My daily affirmation or new way of thinking can be: (Examples: smoking isn't an option, I see myself as a non-smoker)

My new behavior: (Examples: alter routines, plan ahead, keep busy)