

Letter to Family and Friends

Session Two: Ready to Quit Smoking

Dear _____,
(family member or friend)

I need your help to stop smoking. Doctors know that friends and family can be a big help to someone who wants to quit smoking. Here are some things you can do to help me stop smoking for good.

1. Be positive. Tell me that you are glad that I have stopped smoking.
2. Please put up with me if I am crabby or cranky the first few days after I stop smoking. While I am giving up cigarettes, I may be on edge. This will go away soon.
3. Ask me how things are going from time to time.
4. Make a change for the better yourself—like wearing seatbelts or exercising.
5. Reward and praise me. Rewards do not have to cost much. It's the thought that counts.
6. Don't tempt me. It is hard enough without seeing and smelling cigarettes. It will be tough if you offer me a cigarette or smoke in front of me.
7. Don't nag. Be understanding.
8. If I slip up, tell me not to give up.
9. Here are some other things you can do: _____

Thank you for helping me to stop smoking. It means a lot to me!

Sincerely,

(your name)

