

When Someone Close to You Stops Smoking

There are many ways you can help someone close to you who has decided to stop smoking. The most important way is to be as supportive as you can. Tell them how happy you are that they have decided to quit. Encourage them to keep trying, even if they are having a bad day. Most of all, just be there to listen!

Here are some other ways you can help a smoker who is trying to stop smoking:

- Ask how they are feeling from time to time.
- Don't do anything that may tempt them to start smoking again.
- Encourage them to get back on track if they slip up.
- Understand that they may feel overwhelmed at times.
- Surprise them with a reward for getting through a tough time or making it to a certain day. Take them to lunch.
- Join them for a walk or other activity to keep their mind off smoking.
- Don't nag – just be there to help.

Keep in mind that stopping smoking is a gradual process and it may take time for your family member or friend to feel comfortable as a nonsmoker. Be patient and keep a positive outlook. By showing understanding and being supportive, you are showing that you care and that you are really trying to help in their stop smoking effort.