

BEING AROUND SMOKERS

WHEN THERE'S A SMOKER IN THE HOUSE

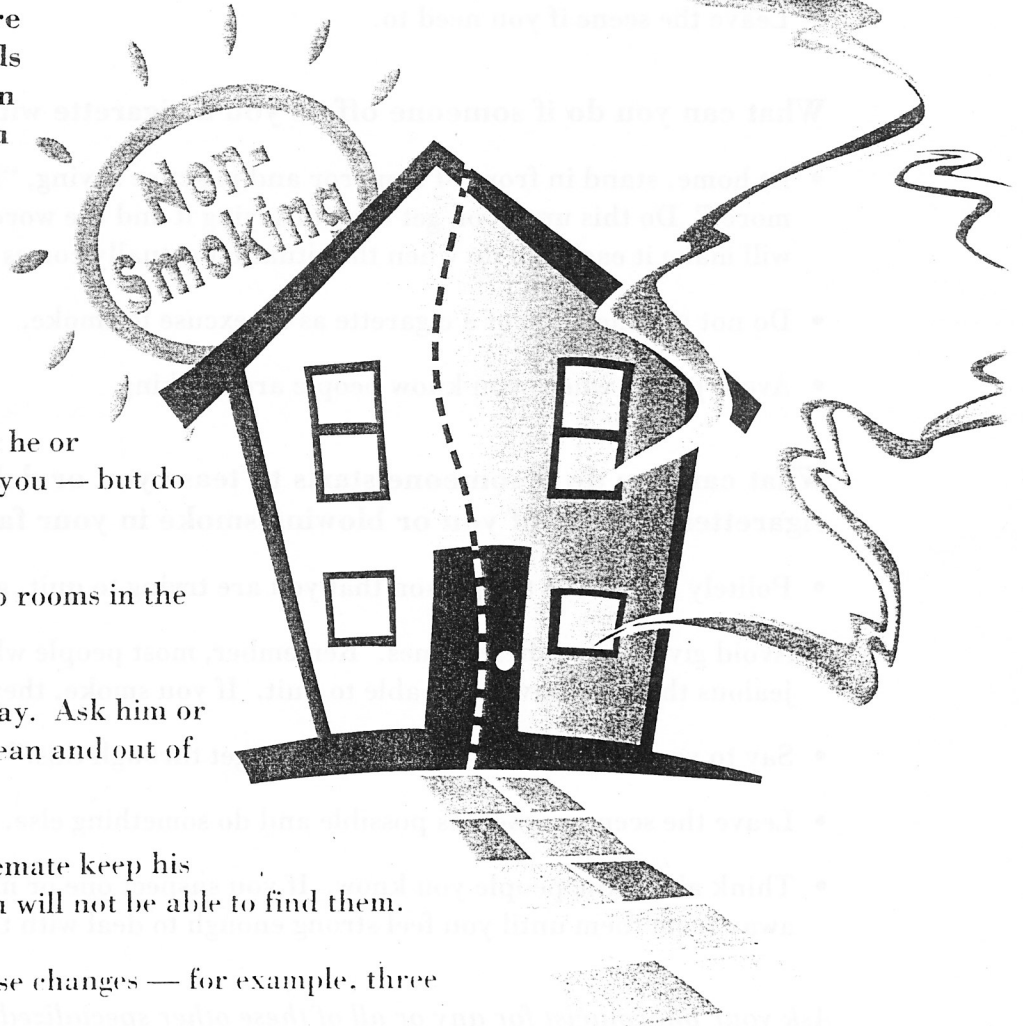
Yes, it is definitely possible to quit smoking even though someone else in your household smokes.

The key is to work together. If you make angry demands of your spouse or housemate or set up impossible rules, he or she will probably not follow them and may even try to wreck your attempt to stay away from cigarettes.

But if you show that you are willing to be respectful of your spouse's or housemate's need to smoke and expect him or her to be just as respectful of your desire to quit, together you can make the situation work. Agree to openly discuss any problems you may be having with quitting. The smoker may just be able to help you find a solution.

The following suggestions are designed to respect the needs and feelings of the smoker in your house, while giving you the best possible environment in which to quit.

- Ask the smoker never to smoke in front of you or offer you a cigarette.
- Discuss the possibility that he or she might like to quit with you — but do not force the issue.
- Limit smoking to one or two rooms in the house, or to outside areas.
- Give the smoker one ashtray. Ask him or her to keep this ashtray clean and out of your sight.
- Have your spouse or housemate keep his or her cigarettes where you will not be able to find them.
- Set a length of time for these changes — for example, three weeks or one month.
- Offer to do something special in exchange for this cooperation. A special dinner might be nice!



WHEN OTHERS SMOKE

Your family members and good friends who smoke are likely to support you, at least to some extent, in your efforts to quit. But strangers, coworkers, and not-so-good friends may present a bigger challenge. If these people continue to smoke around you, your main coping techniques will be ones that help you change how you think about the situation. If you do choose to confront these smokers, do so with tact and understanding.

What can you do if people around you are smoking?

- Remind yourself of the reasons that you quit.
- Feel sorry for people who still smoke. They are “slaves to the cigarette.”
- Say to yourself, “I’m proud that I quit.” or “I am in control.”
- Politely tell the smokers that you have recently quit and that it would help you if they did not smoke around you.
- Distract yourself. Always have something to do or read just in case you run into a smoker.
- Leave the scene if you need to.

What can you do if someone offers you a cigarette without realizing that you have quit?

- At home, stand in front of a mirror and practice saying, “No thank you. I don’t smoke anymore.” Do this until you get used to saying it and the words come out easily. Practicing like this will make it easier to do when the situation actually comes up.
- Do not use the offer of a cigarette as an excuse to smoke.
- Avoid places where you know people are smoking.

What can you do if someone starts to tease you or deliberately tempt you by waving cigarettes in front of you or blowing smoke in your face?

- Politely explain to the person that you are trying to quit, and ask them to stop.
- Avoid giving in to these games. Remember, most people who would do this sort of thing are just jealous that you have been able to quit. If you smoke, they win. Do you really want that?
- Say to yourself, “I am strong enough to get through this.”
- Leave the scene as soon as possible and do something else.
- Think about the people you know. If you suspect one or more of them would do this to you, stay away from them until you feel strong enough to deal with the situation.

Ask your pharmacist for any or all of these other specialized handouts for new non-smokers: Stress Management, Weight Management, Withdrawal Symptoms, Routines, Meals and Coffee, Alcohol and Socializing.