

A LETTER TO A PERSON I'M HOPING WILL HELP ME QUIT

Dear _____,

I have decided to quit smoking, and I would like your support. Here are some ideas about the kinds of help I will need from you. Please read them over, and then let's talk about how you can help me stop smoking.

- **Be positive.** No matter what, please be upbeat and encouraging.
- **Be there when I need you.** Please do not call too often to check on me. I'll let you know when I need help. When I do contact you, please be a good listener. Sometimes that will be all I need.
- **Encourage me to try new coping techniques** by talking to me about what I could do, instead of smoking a cigarette, when I find myself in a situation where I have been used to smoking.
- **Reward my progress whenever you can.** A simple "You're doing great!" or "I'm proud of you!" will mean a lot to me.
- **Be patient.** Making a permanent change is hard to do, and I may slip once or twice before reaching my goal.
- **Be there for me in the long run.** It will be easier to be enthusiastic and understanding during the first two or three weeks. But months later, when the excitement has worn off, may be the time I need your help most.

- _____
- _____
- _____
- _____

Sincerely,

P.S. If you used to smoke, please don't expect me to go through exactly the same thing you did. Remember that the quitting process is different for everyone. And if you've never smoked, please try to understand how difficult this is for me. I hope you will be patient with me if I'm moody now and then!