

## Talking with Family & Friends What can I say?



“Many former smokers say a support network of family and friends was very important during their quit attempt.”<sup>2</sup> Still, well-intentioned friends and family often don’t know how to support you and can become more of a hazard than a help.

Talk with them. Tell them what is helpful to you as you quit. Read the section below, or go to the American Cancer Society link to [Helping a Smoker Quit: Do’s and Don’ts](#). Mark the items that you find most helpful, and share a copy with family and friends.

Get help from a “buddy.” Remember the old “buddy system” from your school days? Well, try it out as part of your quit plan. Choose someone who is currently going through the quit process or who is a former smoker or tobacco user, if possible. An especially helpful, supportive non-smoking friend is fine, too. Just try to choose someone outside your household.

Because your “buddy” knows what you’re trying to do and how you’re trying to do it, he/she is someone who can help during those times when members of your household are unable to understand, tense, in a bad mood, etc.<sup>1</sup>

It can be hard for family members to handle the mood swings you may be having as well. Your “buddy” can be a help during these times. Use e-mail, or call them on the phone when needed. Ask them to provide you any information about things that have helped them in similar situations. Tell them what helps you most.



Trying to support a friend or family member as they try to quit tobacco? See [Being a True Support: How Do I Support Someone Trying to Quit Tobacco](#).

### Source:

1. American Lung Association (2004). The buddy system. Retrieved March 11, 2005. From <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=39203>.