

# TIPS TO HELP SOMEONE QUIT SMOKING

## Understand that quitting is hard

Smoking is a serious and complicated addiction  
It takes time for craving to fade and can take more than one try to successfully quit  
Most people get help from friends, family, significant others hence the more you know, the more you can help

## Know your relationship style

You and the person you are trying to help quit have a way you both deal with smoking  
Your relationship style can help you understand what each of you may have to change to better deal with smoking and quitting

## Start the conversation

The person might say something that gives you an opening to start a conversation about quitting (let them know it is good that they are considering quitting)

OR

Ask them if they have thought about quitting (do not tell them to quit)

## Ask questions

Do not assume you know what it is like for them  
Do not assume you know what they need to successfully quit  
**SAMPLE QUESTIONS:**  
What made you decide to quit smoking?  
What could I do to help make quitting easier for you?

## Listen

Quitting is about them - **NOT YOU!**

Listen to what they have to say  
If you ask a question, be quiet and give them time to answer  
Resist the urge to insert your own comments

## DO NOT LECTURE!

Lectures, nagging, and scolding will not help them quit  
It might just put you on their bad side and they may not come to you for help when they need it

## Offer distractions

For most smokers, cigarettes became a part of their daily life hence some people, places, things might trigger a craving  
Help them plan smoke-free activities

Some triggers and cravings are unavoidable so help them come up with healthy distractions until craving passes

## Be patient and positive

Supporting someone who is trying to quit can be frustrating and exhausting  
Stay upbeat and do not give up on them or yourself  
Check in on them and let them know you support them  
Withdrawal might make someone moody or irritable - do not take it personally

## Do not be too hard on them if they slip

A slip does not mean they have failed; it is just a bump in the road

Remind them of all the progress they have made

Help them figure out what caused them to slip and have a plan to deal with it if happens again

## Celebrate successes (big and small)

Recognize their smoke-free successes and milestones  
Help them celebrate by planning a fun activity  
Also, a compliment can go a long way in recognizing the positive changes made

## Help them de-stress

Quitting smoking can cause a lot of stress

Unfortunately, some people are used to reaching for a cigarette as a way of dealing with stress  
Help them break the cycle by finding healthy stress relievers

## Be there for the long haul

Challenges of quitting do not stop when someone puts down their last cigarette  
Keep celebrating smoke-free anniversaries and offer distractions to help them deal with cravings  
Your ongoing support could be all they need to make this quitting attempt their last

Adapted from [www.smokefree.gov](http://www.smokefree.gov)



PREVENTION  
COLLABORATION  
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