



HOW TO:

QUIT IF YOU LIVE WITH A SMOKER

Having another smoker in the house can be a challenge!



It is always difficult to stop smoking when you live with other smokers. Not only are there always cigarettes available, and other smokers to observe, but it may also be that smoking is a part of your everyday interactions. For example, people commonly smoke together over morning coffee, after arriving home from work, after dinner or while watching television.

Watching a person in your household light a cigarette will usually trigger the impulse to smoke, even if you hadn't been thinking about smoking. It is important for you to plan for these situations.

- Try to gain support from family and friends.
- Make it clear that asking for household cooperation in your effort to quit is a very big favor and that you appreciate everything others do for you.
- Ask other smokers to respect your decision to stop smoking.
- Ask other smokers to help you by not smoking around you.
- Ask other smokers not to offer you cigarettes, not to smoke when driving with you and not to ask you to buy cigarettes for them.
- Alert them of the triggers that give you the urge to smoke.
- If they are ready to stop smoking, ask them to join you in your effort to quit.
- Avoid pressuring those smokers who are not ready to quit.

It is appropriate for you to ask others to be mindful of their cigarettes by not leaving open packs lying around for you to see. You can also ask that they empty ashtrays regularly and take their cigarettes with them when they leave. Suggest that they contain their smoking to the outdoors, or in a designated smoking room in the house. Be aware that it may take a couple of tries to gain cooperation. They are also doing you a favor by respecting your requests.

Remember, your effort to be tobacco-free is for the good of everyone in the house.

Although these may be difficult times at home, it may help to remind yourself that stopping smoking makes you a good role model for the children and adults around you. When you don't smoke, and others stop smoking in the house, all household members will benefit from the lack of harmful second-hand smoke indoors. This can be a win-win situation for all!