

Name: _____ Date: _____

Say This, Not That



When someone you know is quitting smoking, it is important to be supportive to help them stay on track. One way to be supportive is to use positive words! (Hint: if you are quitting smoking, you can show this page to people in your life, so they know how to support you.)

 Below are lists of phrases to say and not say. Fill in the last few lines with your own ideas.

Say This

- I'm here if you need help quitting.
- You're doing healthy things for your body.
- Let's get together and do (choose a healthy activity).
- Your clothes and home smell nicer now.
- I love you and want to support you.
- I've never been through this, but I'm here to listen when things are hard.
- Let's go to this (non-smoking event).
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Not That

- Yeah, right. You're quitting smoking. Again.
- Smoking is gross. Why did you ever do it?
- You're so unhealthy from smoking for so long.
- Your clothes and home have always smelled so bad.
- If you loved me, you'd quit for good this time.
- I know just how hard this is for you.
- Let's go to this (event where smokers may be a trigger).
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If you're ready to quit, call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or log on to equitnow.com for free, personalized support.