

Name: _____ Date: _____

Being Supportive During a Setback

If you have quit smoking, you know how hard it can be. When a family member chooses to quit smoking, they need your support even if they have a setback on their journey. You can be supportive by helping your loved one reflect on their goals and by creating a new plan. Remember, a person may attempt to quit many times before quitting for good. No matter what, stay positive and stay patient.

Help them identify what made them choose to smoke again.

- Was there a trigger that led them to smoke/vape?
- Did they not feel enough support from people in their life?
- Were the symptoms of nicotine withdrawal too difficult?
- Do they need help from a doctor?
- Did they use nicotine replacement therapies and was it helpful or not?



What are some things people said to you when you were quitting smoking? Were these statements helpful or not?



What type of support do you want to give family members who are quitting? What things do you want to make sure you do not say or do?

Breathe
Healthy Steps to
Living Tobacco Free



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.