

WellCall's Tobacco Cessation Program

12-week guide to quitting tobacco



The WellQuit Program



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List 3 new ways that you can socialize with friends and loved ones that will support your goal of being tobacco-free:

1. _____
2. _____

Friends/family who uses tobacco: Staying quit is often a challenge for people who live with or are around others who use tobacco. Certainly living with others who use tobacco presents a significant obstacle. Communication about your need to stay tobacco-free is essential to your long-term success. If the people you live with who use tobacco are not interested in quitting, the best thing to do is get their support to designate tobacco areas. For example, only allow tobacco use outside or in a specific room and set some boundaries about leaving tobacco related items lying around the house. Be clear that it is not ok for them to offer you cigarettes or smokeless tobacco, even if you ask. You may need to make similar requests from co-workers or friends.

Who do you need to communicate with about your quit goals and what do you need to request?

Person

Need

Tip to Quit: Lapses may happen over the course of your quit. Recognize it, strategize for the future, and keep following your plan! This is the best way to prevent a lapse from becoming a relapse.

Assignment: For each of the following scenarios, write how you would handle them without resorting to tobacco.

1. I can't stop thinking of using tobacco when I am driving to work:
2. I am so stressed at work that I need to use tobacco to calm down:
3. I got a promotion at work and am so excited I want to celebrate with tobacco:
4. My friends are going out to our usual bar on Saturday night where there will be smoking:
5. My significant other uses tobacco and it makes me want to use tobacco more

