

# *Helping Out*

## **Encouraging others to stop using tobacco.**

It is difficult to see a close family member or friend struggle with a tobacco problem. At first, your efforts to help someone may be met with resistance. Don't give up! Support from a family member or friend is one of the best ways to help someone overcome tobacco addiction.

The following suggestions may help you help someone else:

1. Ask the person if he or she would like your help. If so, ask what they would like your help with.
2. Be persistent! Initial reluctance is common.
3. Be supportive. Focus on the person's successes, no matter how small –but be sincere.
4. Avoid giving advice. Help the person develop his or her own solution to the problem.
5. Avoid making judgments. Don't tell the person what he or she did was "good," "bad," "right," or "wrong."
6. Avoid feeling sorry for the person. Do let him or her know you care.
7. When speaking with the person, don't make assumptions or jump to conclusions. Listen carefully and objectively.
8. Help the person identify other sources of help (e.g. quit smoking classes, the Utah Tobacco Quit Line, Utah QuitNet).