

## HOW DO I WANT TO BE SUPPORTED?

Many women find that quitting smoking is hard because smoking is part of so many aspects of their lives. It's important to not feel like you have to figure out how to change things all on your own. Think about who in your life can support you, in tiny ways and in big ways.



Consider:

- Who in my life will support my decision to cut back or quit smoking?
- Do I need a "quit smoking" buddy?
- Who can I call or see regularly that I can check-in with?
- Do I need someone to talk to or someone to relax and watch a movie with?
- Do I need a reward or something to work towards (e.g., a weekend away)?
- Who can I celebrate my successes with? Who can I turn to on a bad day?

Make a list of who you think can support you and how they might be able to support you. (Don't be afraid to change your mind, if necessary!). Some possibilities could be: a friend, a parent, a partner, nurse, doctor, Quitline, support group.

Who?	How?