



Other Smokers...without smoking

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

What to Expect

- ▼ Expect some friends especially those who are smokers themselves, to end up trying to sabotage your efforts to cut down or quit.
- ▼ The changes you intend to make may disturb friends and family members who are smokers.
- ▼ Friends may feel that your efforts to control your smoking will put a strain on your friendship.
- ▼ It will be tempting to join others for routine "smoke breaks."

Frequency

- ▼ You will probably find that you don't always want to smoke when you see someone else doing it. It's something special about the circumstance that triggers you.

Self Management

- ▼ Ask others not to smoke in your presence.
- ▼ Provide an outside area where smokers may go if they wish to smoke. Post a small "No Smoking" sign by your front door.
- ▼ If you are in a group and others light up, excuse yourself, and don't return until they have finished.
- ▼ Do not buy, carry, light, or hold cigarettes for others.
- ▼ Cut down with a buddy.
- ▼ Try not to get angry when family, friends, or coworkers hassle you for quitting.

Nicotine and Your Body and Mind

- ▼ You must analyze situations in which watching others smoke triggers an urge in you. Find out what it is about that situation that really makes you want to smoke.
- ▼ Many studies have reported the euphoric, stimulating, and anti-anxiety effects of smoking. Smoking may actually make you feel happier, more alert, etc.
- ▼ These feelings may reinforce tobacco use and you may have also associated these feelings with being around other smokers. When you quit, you may feel saddened by the loss of these feelings; being around smokers may make you feel even more saddened. Don't be sad think of what you've gained by quitting.

Related Notes

- ▼ Once you pinpoint high-risk "trigger" situations, you can start to handle them rationally.

References available upon request.