



Activity 3

CREATING A SUPPORT PLAN

What kind of things will you ask your friends and family - people you can count on - to do what will help you quit smoking? Write down the names of the people in your support system and how you would like each one to respond to you when you are trying to quit smoking and having a difficult time.

EXAMPLE:

Support Person:	I'd like you to:
Bob	<ul style="list-style-type: none"> •Remind me that I plan on taking a cruise with the money I am saving from quitting smoking. •Remind me that I am strong enough to get by without smoking.

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Successful quitting is a matter of planning and commitment!

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to: