



## Activity 5: Creating a support system

What kind of things will you ask your friends and family - people you can count on - to do that 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"> <li>•Remind me that I plan on taking a cruise with the money I am saving from quitting smoking.</li> <li>•Remind me that I am strong enough to get by without smoking.</li> </ul>

**Creating a Support System**

Support Person:	I'd like you to:

Support Person:	I'd like you to:

Support Person:	I'd like you to:

## session 2: Plan to Quit

### *Creating a Support System* (continued)

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: