



The **PROXY GUIDE**

How to help someone you
care about **Quit.**



LEARN
ASK
SUPPORT
ACCEPT

HOW TO HELP SOMEONE YOU CARE ABOUT QUIT

Quitting cigarettes, vapes, or smokeless tobacco is tough. People who quit say that support from friends & family was important to their success. This guide is based on advice from people who have quit and the friends and family members who helped them. Ultimately, only your friend or family member can make the decision to quit, but you can certainly help them by using the information from this guide.

Visit [How to Help Young People Quit Vaping](#)

if you are a parent, guardian or other trusted adult (teacher, counselor, coach) looking for guidance and tools to **help young people quit**.

STEP 1 LEARN

Quitting is tough.

To help someone you care about quit, it's important that you first understand the many reasons they may struggle to quit.

They may have mixed feelings about quitting.

They know smoking, vaping, or using smokeless tobacco is bad for them, but it also gives them something they like. Whatever they get out of it keeps them hooked.

Using tobacco is a habit.

Many people smoke, vape or chew at the same time every day, for the same reasons. It becomes automatic.

Quitting can disrupt the daily routine. Some people go back to using to feel normal again.

Using tobacco fills a need.

Many people smoke, vape or chew to help them get through the pressures of daily life. They may come to believe that it's the only way to cope.

People who have used for a while, often see their habit as a long-time "friend." They may have strong feelings of loss when they try to quit.

They may be dependent on nicotine.

Their bodies may crave nicotine after quitting. Withdrawal symptoms are normal. They go away on their own, usually in a week or two.

WITHDRAWAL SYMPTOMS

dizziness	coughing	irritability
depression	headaches	restlessness
trouble-	hunger	trouble
thinking	tiredness	sleeping

Some people start using again to get rid of withdrawal symptoms. Keep in mind that thousands of people quit each year, despite the mixed feelings, the habit, the need and the nicotine.



how people **QUIT**

It's rare for someone to wake up one day and quit for good.

More often, people take small steps toward kicking their habit.

QUITTING HAPPENS OVER TIME.

- Most people try many times before quitting entirely.
- With every try, they learn more about how to quit for good.

MOTIVATION AND PLANNING ARE IMPORTANT.

- People can quit even without strong willpower.
- The real keys to success are motivation (finding a strong reason to quit) and planning.

SLIPS AND RELAPSES ARE NORMAL.

- People often slip (use, but get back on track with quitting) or relapse (start using regularly again).
- This is not a sign of weakness. It may just mean that the person needs to do more planning.

IT TAKES A WHILE FOR PEOPLE TO CHANGE THEIR THINKING.

- When they first quit, they still think like tobacco-users.
- Every day, they have to decide whether or not to smoke, vape or chew.
- People who successfully quit decide once and for all that they will not do it again, no matter what. When people change their thinking, they have a better chance of quitting for life.



STEP 2 ASK

If you're planning to help someone quit, think about this key question. What does it mean to help? The answer is not simple. What you think is helpful may not seem that way to the person you want to help. One of the best things you can do is understand how they see things. To find out, ask:

01 HOW READY ARE YOU TO QUIT?

If the person is not ready, don't push. They have to make the decision for themselves.

02 WHAT CONCERNS YOU THE MOST ABOUT QUITTING?

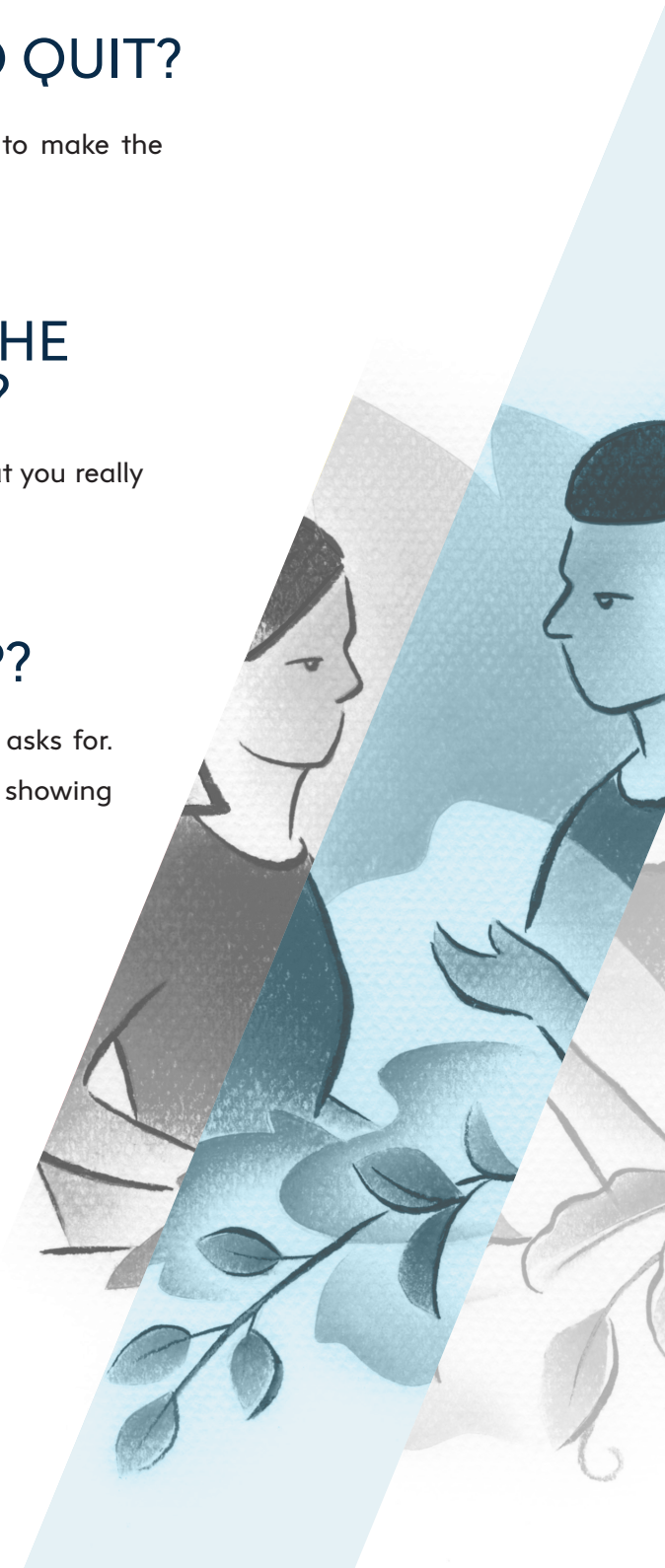
Listen without judging. Show that you care and that you really want to know.

03 WHAT CAN I DO TO HELP?

If you can, give exactly the kind of help he or she asks for. More important than doing any one special thing is showing understanding about the challenges of quitting.



Some clients may be eligible to receive free nicotine patches. Chat with a Quit Coach to see if you qualify.



STEP 3 SUPPORT

After you check with your friend or family member about what would be most helpful, try to follow these guidelines.

**HELP WITH
PLANNING.**

①

**MAKE YOUR
ENVIRONMENT
TOBACCO-FREE.**

②

**ENCOURAGE &
PARTICIPATE IN
TOBACCO-FREE
ACTIVITIES.**

③

**TRY NOT
TO NAG.**

④

**BE PATIENT
WITH MOOD
SWINGS.**

⑤

**SUGGEST THEY
CONNECT WITH
A QUIT COACH.**

⑥

1. Check out our [Quit Guides & Interactive Quit Plans](#) for guidance. Help your family member or friend find their motivation to quit. People who have strong reasons are more successful. Ask what times each day or what situations they think will be most difficult without cigarettes, vapes or chew. Help them think through what they can do instead of smoking, vaping or dipping.
2. If you smoke, vape, or chew, try quitting together. Encourage a ban in your home and car. It makes quitting easier and protects everyone from secondhand exposure. Provide substitutes, like healthy snacks or gum.
3. Suggest ideas like taking a walk or going to places (movies, malls, restaurants) where smoking or vaping is not allowed. Avoid parties and bars, as alcohol is often a trigger.
4. Think about your relationship with the person and how you may affect their habit and their quitting. If you've nagged them or argued with them about quitting in the past, re-think your approach. Complaints and pressure only lead to tension and arguments. Be patient and positive. Offer consistent encouragement, like "You can do it! or We can do it together."
5. They may be grouchy, nervous, or forgetful at first. Keep in mind that these changes won't last.
6. **Kick It California Coaches** have helped a million Californians quit. We can help your friend or family member. Suggest they Call, Chat or fill out our Web Form.

STEP 4 ACCEPT

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ACCEPT THAT MOST PEOPLE DON'T QUIT FOREVER ON THEIR FIRST TRY.

You don't want to discourage your family member or friend, but the truth is slips and relapses are a normal part of the quitting process. It is not a sign of weakness or lack of ability. If people keep trying, they will be successful. Be patient yet persistent with your encouragement to keep trying.

ACCEPT THAT THERE'S A LIMIT TO WHAT YOU CAN DO.

You may need to give your friend or family member some space.

Say something like,

"I know that quitting is your decision, not mine."

"I respect your right to decide when you're ready."

If you can't help nagging, share your concern at the same time.

You might say,

"I care about you."

"I want you to have a healthy future."

Show understanding about slips and relapses.

Praise every effort your friend or family member makes.

Tell him or her, "Even a short try is a success."

OUR QUIT COACHES ARE HERE TO SUPPORT YOU

There are many ways to provide support. Let our highly trained Quit Coaches help guide you. Answer a few questions to get started with a kick-off conversation.



Text "Quit Smoking" to **66819**
Text "Quit Vaping" to **66819**

GET FREE, ONE-ON-ONE COACHING



Call us
English: 1-800-300-8086
Spanish: 1-800-600-8191



Complete our **Web Form** and we will be in touch.

REMEMBER

You may not get the results you're looking for the first time you talk with someone about quitting. It may take several tries, but don't give up!

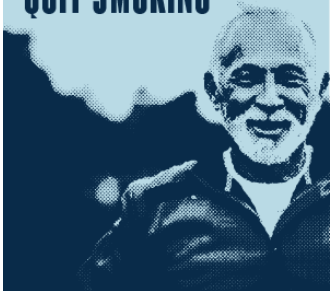


PUTTING TOGETHER A QUIT PLAN



CREATE YOUR PERSONAL QUIT PLAN
THROUGH OUR SELF-HELP PLANNING TOOLS.

QUIT SMOKING



Quit Smoking Plan

[learn more](#)

QUIT SMOKELESS



Quit Smokeless Plan

[learn more](#)

QUIT VAPING



Quit Vaping Plan

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THE DECIDE GUIDE



Decide Guide

[learn more](#)

Acknowledgments Sincere thanks to the many people who have called to get support for family members or friends quitting smoking.

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