

Quitting smoking is a day-by-day process. Need a daily reminder to keep you going? Print out the Top Ten Quit Tips and post it on your refrigerator. Nicorette[®] nicotine gum and the NicoDerm[®] CQ[®] nicotine patch can help see you through to a successful smoke-free life. Need more tips on quitting? Try these on for size.

TOP 10 Quit Tips

1. Tell your friends and family members that you have decided to quit smoking, and give them the reasons for this life-changing decision. Have them reinforce these reasons when you ask them to. Learn how to become a successful participant of the Committed Quitters[®] program.
2. Extend an invitation to a smoker friend or family member to quit with you, but don't force them to do so. Nagging a smoker who is not ready to quit will not make them quit, as you know from experience. Also, tell your loved ones not to nag you if you slip up and have a cigarette.
3. Ask that friends and family not smoke around you.
4. If any of your loved ones smoke, ask that ashtrays and cigarettes be kept out of your sight.
5. Tell your friends and family that you need to be the one to bring up the subject of quitting.
6. Ask a friend or family member who is an ex-smoker, or one who is also attempting to quit if they would be your quitting "buddy," and let you vent frustration or talk about your good days. Call your "buddy" when you experience a craving.
7. Let your friends and family members know how they can help you relieve some of your stress. Maybe your best friend could go for a walk on the beach with you, your spouse could take you to your favorite restaurant or your kids could help out with chores.
8. Make a list of all the things you want to do when you are smoke-free that you haven't done before (e.g., go on a bike trip, run a marathon). Have your loved ones make a list of all the activities they want to do with you.
9. Emphasize how much you appreciate the support that your friends and family members are giving you.
10. Write up a contract that you can sign that states your commitment to stop smoking. Display the contract in a place where everyone can see it.