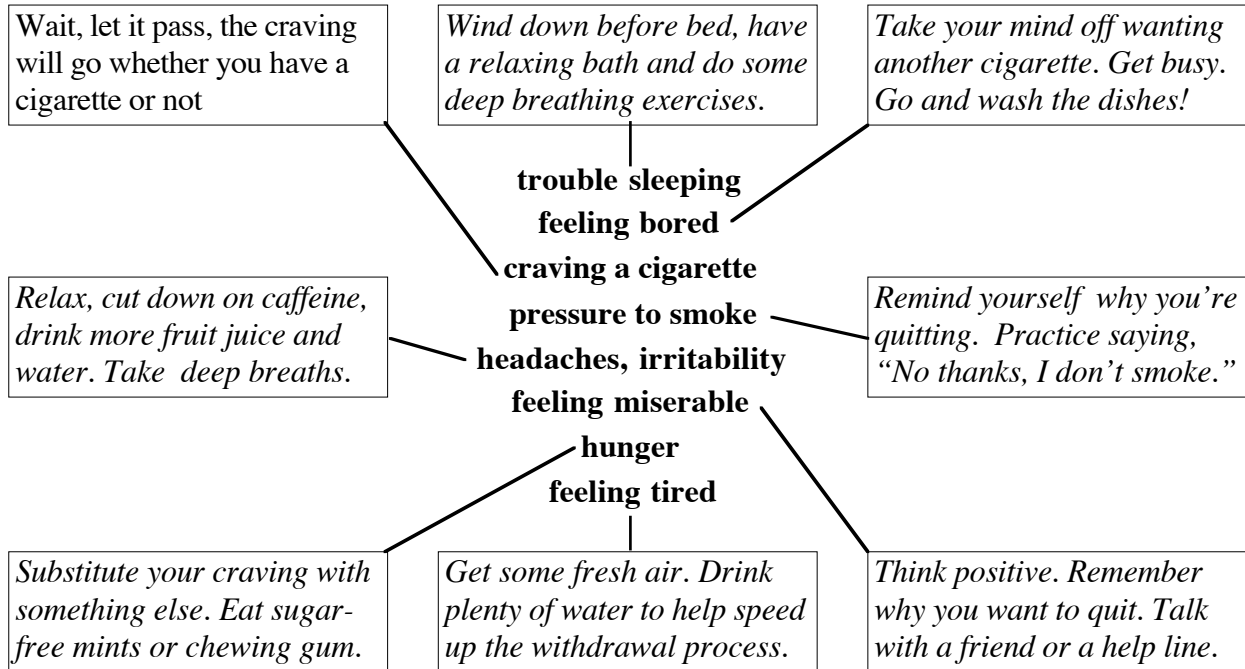


Help someone make a list of reasons for stopping. For example to save money, be healthier, reduce risks from smoking related diseases, become fitter. Add some more suggestions:

It's hard to deal with withdrawal symptoms. Link the symptoms to the advice given below:



Remaining positive is vital. Write your advice for someone who says: (suggested answers)

I'm worried I'll put weight on if I stop smoking. *You might gain a little to start with, but that's better than smoking. You can lose it later.*

I don't have enough willpower to stop. *You can do it, just take one day at a time.*

I've tried before and didn't succeed so why will this time be any different? *Most people make several attempts before quitting for good.*

Smoking keeps me calm and helps me when I'm stressed. *Cigarette smoking makes you stressed. Nicotine actually triggers the release of hormones which cause stress.*

I enjoy smoking with my friends. *If they are real friends they will support your decision to stop smoking. Try eating chewing gum or sugar-free mints instead.*