



## Quit Smoking Worksheet #3: Decide Where You Will Get Support

**How To Use This Worksheet:** Complete the items below and then print out the worksheet to keep handy. You can also print out the worksheet first and then fill it out by hand. (To print, click on “file” then “print” in the upper left of the page.) When you exit the worksheet, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

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### (1) Who will you ask to support you in your decision to quit smoking?

Take a moment to think about the people you could ask to support you. To be as specific as possible, it may help to write down their names.

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- My spouse or partner. (Name? \_\_\_\_\_)
  - My children or grandchildren. (Names? \_\_\_\_\_)
  - Other close family members. (Names? \_\_\_\_\_)
  - Friends. (Names? \_\_\_\_\_)
  - Co-workers. (Names? \_\_\_\_\_)
  - Friends who are former smokers. (Names? \_\_\_\_\_)
  - Neighbors. (Names? \_\_\_\_\_)
  - People in my religious or community groups. (Names? \_\_\_\_\_)

## (2) How can your supporters help you in your effort to quit?

- Add to your supply of cigarette substitutes (like cinnamon sticks or healthy foods)
- Fix a favorite meal or invite you out for lunch or dinner
- Help you change routines to cut down temptations to smoke, like joining you for an after-dinner walk instead of staying at the table
- Help you to find ways to keep busy
- Praise or celebrate your progress
- Remind you that things will get easier
- Take your mind off smoking with a movie
- Ask how you are doing and let you know they care

**How else could they help you?**

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## (3) Choose tools to help you quit.

Here are some other sources of support you can use to help you quit. Check the ones you think you will try.

- Visit a free online website like <http://smokefree.gov>
- Chat with a free online counselor on <https://livehelp.cancer.gov>
- Call a free quit line like (877) 44U-QUIT [(877) 448-7848] or (800) QUIT-NOW [(800) 784-8669]. (Quit lines are free, anonymous phone counseling services.)

## (4) List the top three sources of support you will use.

(a) \_\_\_\_\_ (b) \_\_\_\_\_ (c) \_\_\_\_\_

(For more worksheets, visit "Quitting Smoking for Older Adults" at [www.NIHSeniorHealth.gov](http://www.NIHSeniorHealth.gov))