

## **Social Support for Nonsmoking**

Getting support and encouragement from others while you quit and work at being a nonsmoker can be very helpful. Complete this handout to help you determine what other people do that is helpful or not helpful to you, and what you can do to ask them to be more helpful.

Supportive Behaviors for Nonsmoking – List behaviors from other that you consider to be helpful or supportive to your nonsmoking efforts:

- 1.
- 2.
- 3.
- 4.

Nonsupportive Behaviors for Nonsmoking – List behaviors from others that you consider to be not helpful or that interfere with your efforts to quit smoking.

- 1.
- 2.
- 3.
- 4.

### **Requesting Behavior Changes From Others**

What can you ask or request of others to have them engage in more actions or behaviors that you find supportive or nonsmoking?

- 1.
- 2.
- 3.
- 4.

What can you ask or request of others to have them engage in fewer (or eliminate completely) behaviors that you find not helpful or interfere with your efforts to quit smoking?

- 1.
- 2.
- 3.
- 4.