

Sample Responses to Barriers

Every time I try to quit smoking, I gain weight

Many people do put on some weight when they quit smoking. Most of that weight gain happens at the front end of a quit attempt and weight gain can be minimized by substituting healthy but filling foods such as popcorn, carrots, licorice, gum, and even Junior Mints in small doses. We can talk about other ways to deal with the cravings that might work best for you. The nicotine gum and bupropion have both been found to help with weight gain and we can talk about your interest in using one of these medications.

I just do not think that I have the will power for it

Too many people blame themselves for not being able to quit and say things like this. If you have been smoking for awhile, it is much more likely that you are now addicted to cigarettes and for many folks, this is often more powerful than will power. For many people now trying to quit, it is the medicines that can help you overcome the addiction that you have developed for your cigarette.

It is like a crutch for me-I really need them when I am stressed out

Many people say this. Finding other ways to deal with stress before you actually quit can be helpful. Some people take a short walk instead or do some deep breathing, you might have some other ideas of what would work for you. Sometimes, the stress relief that people feel is because their body needs nicotine (withdrawal). Using medications to quit can help you while you try some other ways to help you with stress.

I cannot afford the patch or gum

It can seem like a lot of money up front. Some states now offer free or discounted nicotine patch or gum through the 1-800-QUITNOW quitlines. Make sure to ask them about it when you speak with them. Your insurance company may also cover the cost of some or all of the tobacco treatment medications. You can call your customer service number to find out what coverage you have.

It is a social thing you know--it is my only time to be myself or to be with my friends

That is an important part of smoking for a lot of people. When you are getting ready to quit we can talk about other ways to have special time for yourself or not smoke when you are with your friends. You might also think about the friends that you have who do not smoke. If you are interested talking with a quit coach, such as those at 1-800-QUITNOW can help you plan for this.