



## Using the Buddy System to Help You Stay Quit

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There is strength in numbers, and uniting for a common cause can be powerful. Some may choose to go it alone or to go cold turkey (stop at once). Others may want to have help and to build a network of support.

A great source of support can be found in a “quit buddy”—someone else who also wants to stop smoking. Be careful in choosing your buddy. Your buddy does not have to be as strong-minded as you, the same age, or have smoked as long as you have, but he or she should be just as committed to quitting smoking as you are.

Like you, your quit buddy should be someone who is serious about quitting smoking.

### Unify for success

**Once you have found a quit buddy, together you can:**

- Pick a quit date
- Continually recommit to staying quit
- Call on each other for support and encouragement
- Be there to listen and encourage a fresh start should either of you slip
- Offer support and understanding without judgement
- Reward each other with praise and tokens of accomplishment
- Share your experiences, challenges, and successes
- Celebrate your quit date anniversaries together

### Partners in health

Quitting smoking for good is the best step you can take toward improving your health.<sup>1</sup> Quitting smoking can be challenging. You don’t have to go through it alone. So, carefully select your quit buddy. Set your quit date. Enjoy the companionship while getting quit together.

If you can’t find a quit buddy, look for others who you know will support you throughout the process. You may find support through nonsmoking family members and friends. Or you can try an online forum. A nonsmoking coworker who will take coffee breaks with you or walks during lunchtime may also help fill in the time you used to spend smoking.

Whatever you do, know that you are not alone. You can do anything you set your mind to. Set your quit date and take the first step toward improving the quality of your life.



**Reference:**

1. American Cancer Society. Guide to quitting smoking.  
[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp). Accessed March 21, 2008.