

# Download Help Your Partner Stop Smoking

Help Your Partner Quit Smoking Help your partner quit smoking. Express your concerns without lecturing. Help find an aid. Managing withdrawal symptoms. Come up with distractions. Find the right level of encouragement. Know when to seek outside help. Be supportive through the hard times. DON'T overwhelm your partner with advice, or constant information about how to stop smoking. If they ask, be open to sharing what you know, but try to avoid any nagging or preaching. Many people are finding that the best way to stop smoking is to slowly transition, using vaping as an alternative to tobacco cigarettes. How to Support Your Quitter It's Hard to Quit. Smoking cigarettes isn't a bad habit. It's a serious and complicated addiction. Know Your Relationship Style. The way you deal with smoking can have an effect on... Start the Conversation. It can be hard to get someone to talk about quitting smoking. ...5 Steps to Help Your Spouse Quit. Give all the kind of support she would need. Whether she needs someone to talk to in times of extreme craving, or someone who could explain what smoking cessation options she has, be that person. If you need to research about the best quit smoking strategies or additional information that will help her quit, do it.