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# How to help a loved one quit smoking

It's tough to be the loved one of a smoker. You want them to live a long and healthy life, but you worry about how their smoking will affect their health.

Unfortunately, you can't make someone quit smoking. The decision to quit must be made by the smoker – for their own purposes and in their own time. All smokers have their own reasons for smoking and each will be motivated to quit by different things. Some people try to quit many times before they quit for good!

Here's what you can do to make their quitting process a little easier:

- Be sensitive to their moods and needs. At different times, they may want help, to be left alone or to talk about their success.
- Help them to keep busy.
- Tell them how much you believe in them and compliment their efforts every once in a while.
- Be understanding if they slip back to smoking. Let them know you'll be there to help when they're ready to try again.
- Encourage them to take advantage of resources such as Smokers' Helpline.

For more tips, check out [Help Someone Quit – One Step at a Time](#).

Remember that they are your friend or loved one first and a person who smokes second. Show them you care no matter what you think about their smoking.

