

## Support to Stop Smoking

Everyone knows that smoking is a terrible habit. Aside from the obvious health risks, smoking makes your teeth yellow, makes your clothes stink, and it turns you into a social outcast. If you've already made the decision to stop smoking, good for you! Now it's time to take the next step and establish a support system to help you maintain your smoke-free lifestyle.

People who stop smoking by way of techniques like hypnotherapy often think that they've kicked the habit for good. It's important to know that even the most proven stop smoking programs aren't guaranteed to last. You need to have help you can turn to on a daily basis.

It's time to assemble your personal stop smoking support group. Establishing this group is easy. You already have a network of friends and family members who are anxious for you to quit. The help you need is waiting for you; and best of all, this is a free stop smoking resource!

Anyone who has tried to quit knows that one person can't do it alone. You need help to stop smoking and to stay smoke-free, and the best help you can have isn't sold in any form.

Believing that you are harming yourself, and exposing your loved ones to the dangers of second-hand smoke, is enough to make you want to quit. If those who care about you are ready to help you through the process, you may find that it's easier to make it happen. Read on to learn how the support of friends can really help, and how to make your group as helpful as possible.

### Seek the Naggers

Partners, coworkers, family and friends will often nag about smoking until the smoker is ready to scream. The problem with nagging, however, is that it can backfire. The pressure causes the smoker to become more angry, nervous and anxious to be able to escape with another smoke. Quitting smoking is hard enough without incorporating the stress of arguments over the subject. Explain your concerns to all of the "naggers" in your group. Tell them that if they truly want to help, they should offer support and not sniping.

### Be Responsible to Someone

Smoking cessation is more difficult when you try to sneak in a cigarette now and then without anyone knowing about it. By making yourself responsible to another person, you are going to have to actively lie about your smoking. It's one thing to sneak in a smoke, but quite another to tell an outright lie when someone you care about asks if you've had a cigarette. Make yourself responsible to one person, and make sure it's someone who will check up on you every day.

### Hypnosis Support

The stop-smoking product or method that you chose to use isn't important. What matters is that you are becoming smoke-free. For this reason, it's important that the people in your group also support your methods. If you chose to use hypnosis, you may encounter people who question its effectiveness. Those who doubt that hypnosis treatments (or whatever method you choose) really work should be asked to keep their opinions to themselves. If you lose faith in the hypnosis process because you hear negative comments, it's only going to serve to make the process less effective.

### Take Advice With Caution

As soon as you announce that you're quitting, you'll be bombarded with advice from other smokers and non-smokers on how to kick the habit.

Remember that not every system is effective for every smoker, and what works for some may not be best for you. Listen to the advice and show your friends that you appreciate their input, but don't discard your own common sense. You are the best judge of what you can or cannot accomplish.

Your friends and family will be thrilled that you've made the decision to stop smoking. Remind them that you value their patience and support, and will need to rely on their help and encouragement along the way. They'll be happy to lend a hand.