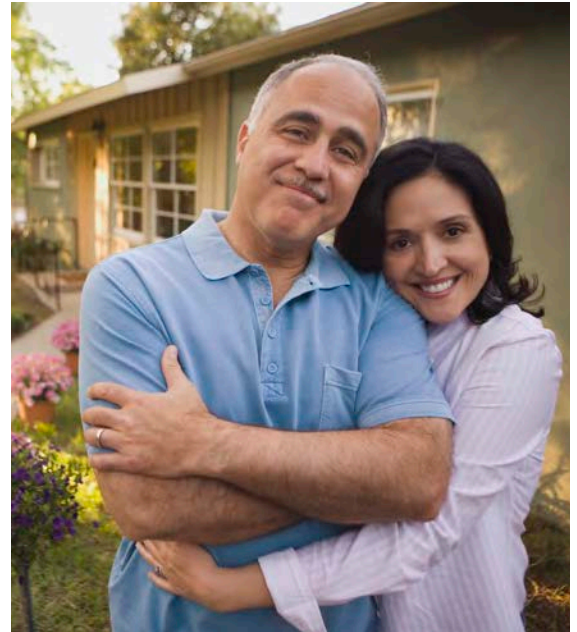


# Using Your Buddy Effectively

When people quit, they sometimes feel low, sorry for themselves, lonely, deprived or bored. That's when a buddy can be particularly helpful.

A call or text can give you or your buddy just the boost needed to keep one or both of you from using your tobacco products. A good buddy will offer you encouragement and make supportive comments. Your buddy can help you deal with your craving, just by being available. In a few minutes of conversation, the urge will disappear.



Don't underestimate the value of a buddy. Even if you don't feel a need, you could be of great service to your buddy. Each of you understands what the other person is going through.

Remember to set up a specific plan with your buddy. Use the form below to cement your commitment to your buddy. Be creative. Let it change. But have a plan. You wouldn't want your community to hire firefighters after your house started to burn! Try to be in contact at least every 48 hours. With such frequent contact, plans can be followed.

## A Mutual Agreement

I agree to support my buddy by:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

I will avoid the following behaviors in support of my buddy:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

## A Word of Caution

In some instances you may find it difficult to be a good buddy.

**Example 1** You've used your tobacco product and don't want to tell your buddy because you're afraid of discouraging him.

**Solution** Be frank; seek your buddy's counsel. Also, call your clinic facilitator or the American Lung Association Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).

**Example 2** You're doing great and your buddy isn't. You feel that you're hurting or embarrassing her more than helping by talking about your ease in quitting.

**Solution** Be a better listener than talker. And remember, your early success doesn't mean that you've conquered quitting for good. Be honest about your current concerns. Tell your buddy about your own anxieties.

**Example 3** It's been rough, but you haven't given in to your occasional urge. Your buddy is having even more trouble and you're afraid that after listening to him, you will use your tobacco product too.

**Solution** Speak frankly with your buddy about this. Maybe focusing on helping your buddy will distract you. Maybe a 24-hour no-contact period will be good for both of you. Choose a solution that fits both your styles.

**Example 4** Your buddy former user who is not a member of your clinic group. So far, she has been very supportive, offering encouragement every time you call. Sometimes, however, you feel embarrassed about calling her, thinking she is tired of being disturbed. After all, she has been a successful nontobacco user for years now.

**Solution** Trust your buddy. Remember, she knows how good it feels to quit, and she is probably happy to give you all the encouragement she can. Discuss a specific "buddy plan" that works for both of you.

A buddy system is a mutual support system. You can "use" your buddy and your buddy can "use" you. Praise and congratulations from a buddy are always welcome.