

How to Respond to Common Reasons For Not Quitting Smoking

Reasons	Sample Responses
<ul style="list-style-type: none"> • <i>It's hard to stop smoking</i> • <i>I can't quit.</i> • <i>I don't have the will power.</i> • <i>I am addicted.</i> 	<ul style="list-style-type: none"> • You may feel you can't now, but you <i>can</i> learn to quit smoking. It's not will power but learning and using the methods for quitting. You can find some of the best methods in the book we provide you. • Try this with a few cigarettes today. When you feel an urge to smoke, wait 5 minutes. Tomorrow, at times, wait 15 minutes before you smoke. If you can wait 15 minutes at least once, you can quit smoking.
<ul style="list-style-type: none"> • <i>I smoked during my last pregnancy and my baby was ok.</i> • <i>I have a friend who smoked during two pregnancies and her kids are really big and healthy.</i> 	<ul style="list-style-type: none"> • Smoking reduces the food and oxygen your baby receives. Sometimes this causes big problems and sometimes only small ones (e.g.: reduce weigh gain of 200 grams). This is an issue of odds, like gambling. Smoking doubles the odds against you. You (your friend) were lucky last time. The problem is we don't know if you will be lucky this time. Your best bet is to quit.
<ul style="list-style-type: none"> • <i>I'm not ready to quit yet.</i> • <i>There's too much happening in my life. I'll quit later.</i> 	<ul style="list-style-type: none"> • Now that you are pregnant, there is no better time to quit. The sooner you quit the better. The right time to quit doesn't just happen, you make it happen. You have to take the first step. If you'd like, begin to cut down to 10 cigarettes a day to prepare to quit.
<ul style="list-style-type: none"> • <i>I don't really want to stop smoking. I enjoy it.</i> 	<ul style="list-style-type: none"> • What have you heard are some of the benefits of your quitting smoking? Now, what do you get from smoking? Is smoking worth losing the benefits you listed? Think about it.
<ul style="list-style-type: none"> • <i>I get pleasure from smoking.</i> 	<ul style="list-style-type: none"> • You will get pleasure from quitting too – improved taste and smell, better smelling breath, clothes, and hair. But you get more than pleasure, you are freed of any concern over how smoking harms you and your baby.
<ul style="list-style-type: none"> • <i>I'll gain weight.</i> 	<ul style="list-style-type: none"> • You are supposed to gain at least 24-28 pounds during pregnancy. If you fear gaining too much, there are tips in the book that could help you in dealing with your craving for food. But remember,

	<p>you are supposed to gain weight during pregnancy. If quitting will help you gain weight, there is no better time to do it than now.</p>
<ul style="list-style-type: none">• <i>I don't smoke that much.</i>• <i>I smoke low tar cigarettes.</i>	<ul style="list-style-type: none">• There is no safe level of smoking. There is no safe cigarette. The advantage of your smoking at low levels is that it makes it easier for you to quit.
<ul style="list-style-type: none">• <i>It's too late.</i>	<ul style="list-style-type: none">• It is never too late to get the benefits from quitting. The sooner you quit the better.