

Great American Smokeout[®]

Behavior Change

Thinking about quitting smoking?

Your Friend the Cigarette

How do you feel about a friend that must go everywhere you do and is so offensive to others that you become unwelcome when with him?

His peculiar odor sticks to you wherever you go, so others think you both stink.

When he says jump, you jump.

He makes you go to the store, to pick him up, whenever he wants.

He burns holes in your clothes and has even been known to burn down a house.

He makes you stand out in the lobby, so you miss the big play.

He is expensive to support and will never pay you a penny in return.

He doesn't like physical activity, so he makes it hard for you to breathe.

He carries an arsenal of poisons with him, and every chance he gets, he makes you sick.

He has been plotting your death since the first time you met.

He overworks your heart and lungs, clogs the arteries to your heart and brain, and exposes you to cancer-causing agents.

Some friend, your cigarette.

Do you really need a friend like this? Get rid of him now, while you still can.

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