



Tobacco Made Me Campaign

Example of Social Interaction

Between Facebook Fans



[Ann Marie Clancy](#)

Really craving lately. Think its the weather? I really could use some moral support about now ...

[May 12 at 10:47pm](#) near [Warwick](#)

[Donna Rodier](#) likes this.



[Tobacco Made Me](#) Ann Marie - just keep thinking about how proud and happy you have been since you have gone smoke free. Sorry I couldn't get to this post sooner. If you have a slip, don't get discouraged either - just make a point to get back on track again. Triggers are different for each person. Warmer weather could be a trigger for you. When the craving comes, try to do something physical, brush your teeth, visit a friend - anything that removes you from the situation you felt the craving in. If you need to - always remember you can talk to the folks at the quitline. They are professionally trained to be able to counsel you through a craving. 1-800-QUIT-NOW. Please keep in touch/keep us posted.

[May 13 at 12:38pm](#)



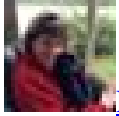
[Ann Marie Clancy](#) Thanks so much!! I am doing much better today. I did NOT have a slip. It was close but thankfully I didn't do it!!! And today will be much easier knowing I don't have to start all over!!

[May 13 at 3:20pm](#)



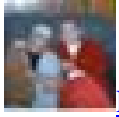
[Catherine Jencks Ayres](#) Great job a

[May 13 at 3:34pm](#) via [mobile](#)



[Debbie Smith O'Brien](#) Keep up the good job,

[May 13 at 3:47pm](#) ·



[Pam Stewart](#) DONT DO IT WOMAN DON'T DO IT GET SOME CANDY

[May 13 at 3:52pm](#) ·



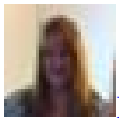
[Tobacco Made Me](#) I love how all of you are chiming in for [Ann Marie Clancy](#)! Great support!

[May 13 at 3:54pm](#) ·



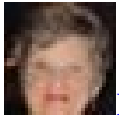
[Ann Marie Clancy](#) I do have the best people in the world pulling for me :) Thanks so much everyone!! I am doing much better and WONT give in. (Cause I know you will all kick my butt LOL no pun intended HEHEH)

[May 13 at 4:02pm](#)



[Katie Kelleher Bigos](#) Dont do it, you will be sooo upset with yourself!

[May 13 at 4:56pm](#)



[Karen Motta Jencks](#) don't give up you have been doing great, I wish I could quit with you [May 13 at 5:00pm](#)



Chris

[Former Smoker]

“I smoked for 30 years and my biggest motivation to quit was for health reasons. There were lots of reasons why I wanted to quit – there were more reasons to quit than there were to keep smoking. I’m a Diabetic and there were lots of people – my doctor, everyone – that told me I should quit. I knew it was a bad thing to do for a good many years. Finally, I just came into the smokers’ cessation program and I went with it. It had helped and I’m still at it. It’s a hard thing to do. A main reason why I quit was because I couldn’t breathe right. That’s what cigarettes did to me. I think it was a pick-up game of basketball with my son and I couldn’t make it more than three minutes and I was out of breath and blaming it on age.

I started smoking when I was a teenager. My parents smoked – my mother and step-father. I remember taking a pack of his Marlborough Reds; I was always a Marlborough Red smoker from then on. I remember going into the woods with my friends and thinking we were cool and all of that. I’ve been a smoker since then. It’s amazing how cigarettes got me to be a pack-a-day smoker for so many years. You could time it almost – the same store, the same time of day. I would have my last cigarette and be ready to go to that store. It’s just amazing how I needed that nicotine for that much, every half hour or every hour I would need that cigarette and would come out to be that same pack a day for 20 years. Tobacco made me a slave. It’s amazing that I’m away from that right now. I don’t miss it.

I needed cigarettes, it was my crutch for all my emotions. If I was upset or angry, a nice cigarette would calm me down. Now, I’ve got my emotions a little bit in check. I work on that a lot and I don’t need a cigarette to calm me down. I can take a walk, deep breaths, and meditation a little bit. Six months ago I couldn’t pick up a basketball for two minutes and now I can go an hour. It’s amazing, I didn’t realize how much cigarettes had me and I’m amazed now that I’m away from it. Smoking doesn’t control me like the way it did. They said a pack a day, every day, no matter what, for every emotion, for every break, getting in the car, after eating, all of this, my life was surrounded by a cigarette. Today it’s not like that.”



Carol
[A Cancer Survivor]

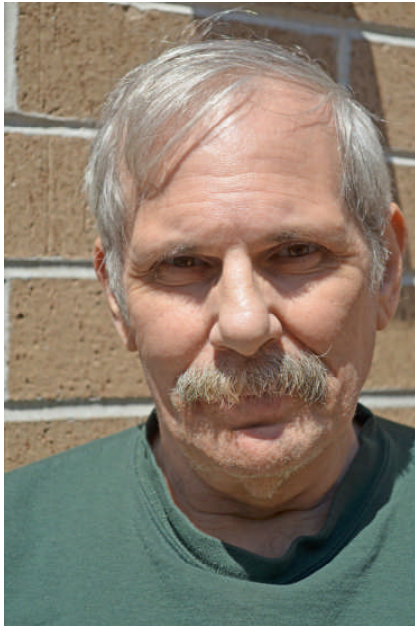
My Name is Carol. I was a smoker for over 35 years. I smoked all my life until recently when I got lip cancer. Cigarettes were such a big part of me. I couldn't imagine life without them. But you come to a crossroad and you know you've got to change.

It started with a soar on my lip. I had never had a cold soar and it went on for quite some time. It was right where the cigarette had always been. When I was diagnosed with the cancer, I was a bit angry but I only had myself to blame. I had smoked all those years and thought cigarettes were my friend. Then I realized they had turned on me and I was going to have to turn on them and I didn't even know how to do that.

I had to close my business due to the bad economy and I haven't had health insurance since and it puts you in a bad situation but it doesn't make you less needy. I still needed to quit smoking. I didn't do very well on my own. I was trying, but then my doctor referred me to the Tritown program to stop smoking. They educated us on how to use the patches and incorporate the gum and the lozenges and I had all this support. Having that made a huge difference. I'm just really grateful that due to the program I was able to get that help.

I guess "free" is a good way to express how I feel today as a nonsmoker. I'm so free today. You don't realize how much the cigarettes control you. I didn't want to give it up but today, I'm happy I have. It was so worth it. It's such a sense of accomplishment and it's probably one of the best things I have ever done in my life. Don't give the tobacco companies your time, your money...your life.

Joe
[A Quitter]



“I smoked from the time I was 16 up to, I’d say about 40 years. I decided to quit because, basically, I have emphysema. All those years of smoking probably took 15 or 20 years off my life; I will probably die before I’m 70. My father is 84, so there’s the difference.

I’ve been smoke free for over two years. I ran into a program on the web called, I think it’s now called “Become an Ex”, and it’s free. You can’t just throw away your cigarettes. People think it’s going to be easy, just throw away your cigarettes and stop. Support is important for making a good quit. Not only people support but also your nicotine replacement therapy if you choose to use that.

The preparation with that program was very, very good and allowed me to succeed. Basically the thing I learned from that, that I never learned before, is that the way out of it – out of an urge – is to distract yourself. What you do is you switch to anything else, you could turn the TV on, you could run around the block, you could do anything. You just don’t sit there and let the urge overwhelm you. If you do that, you’re a dead duck.

I feel great about what I did, quitting smoking was the best thing I ever did. I can breathe an awful lot better. The price of cigarettes was going up and up and up and I found out I had, like, twice as much money when I quit.



Theresa
[Oxygen Dependent]

I have COPD and Asthma, all thanks from smoking. I started smoking when I was 16 years old, up until 30 years ago, and my oxygen tank is the result of it. I've tried to quit 11 times. I used to quit during Lent but always went right back. Then I decided on my own, this is it, no more cigarettes. I did it cold turkey, no patch or anything. When I finally decided, I didn't tell anybody that I quit. I was off cigarettes for a couple of months before anyone really noticed.

Cigarettes make me feel relaxed. If I was uptight or anything, I would have a smoke. I wouldn't pick up the phone unless I had a cigarette in my hand. It was a relaxing thing.

Smoking took my health. I have problems in the morning, I'm very slow to move around. When I do, I can go out but it takes me hours to get ready. If I didn't smoke, I would be a whole lot more active. I used to be very active. I had to get out every day. But now, I can't go out until somebody can take me.

I have to take my oxygen tank with me everywhere I go for the rest of my life. I'm tethered to it. It's not fun.

If I can tell anybody, if you're smoking, give it up. Give it up before it's too late. If you can give it up, do so now before it is worst. Believe me, you will get like me if you don't quit now.



Tracie
[A Quitter]

I smoked for about 12 years. I began smoking when I was in college as a social smoker. It was that time when the party scene was going on, that time when I started exploring alcohol, and cigarettes came hand-in-hand. My friends were doing it so I would occasionally have a cigarette. I always thought *Oh, I can quit because I'm a social cigarette smoker*. Unfortunately, it stuck. As much as I didn't want to admit it, it did. Smoking became my friend; it became a comfort for me.

Eventually it became uncool to smoke. My friends began to stop as they got older, and conceptually you begin to realize your own mortality. As I got older, and became more mature, I tried to stop. From the pressure of friends not wanting to smell me smelling like smoke, to the stares you would get, to how the other social pressures mounted, you would get how really uncool it is and make a conscious effort to stop smoking.

I started with not smoking at work. Then I introduced going to the gym. I needed another outlet to help me stop smoking. But at first, I couldn't run. I couldn't do aerobics. I couldn't do the treadmill. I couldn't do the classes I was really starting to enjoy. I couldn't do any of those things with my chest full of smoke. I couldn't do those things because I didn't have the lung capacity. Little by little, I started to realize what my capacity was to function at the gym without cigarettes.

Quitting smoking was a gradual thing for me that happened over the course of a few years. It was difficult. I admit to being an ex-smoker and am one of the harshest critics of smokers because it is really difficult to smell it now, and be okay with it. I'm a strong, strong advocate for people to stop smoking. Smoking is just an ugly thing.

I feel great now. I feel much healthier, I can breathe, I can smell and taste food. For me, it's like coming out of a dark, smoked-filled room that is hot, and your needing air, and you go outside and you have this burst of fresh air. I can't imagine ever going back to smoking at this point. Being aware of the health consequences of it - the overall effects on your skin, your teeth—being able to breathe easier, having an 18-month daughter now and I need to be active for her and keep up with her - I can't imagine it. Smoking is not my friend anymore. I just feel much more full of life. I'm experiencing life without the foggy glaze.

Facebook Graphics

**“THE
OXYGEN TANK
COMES WITH ME
NO MATTER WHERE I GO.
IT’S NOT FUN.”**

Theresa, Former Smoker
Cranston, RI

**“EVERY
HALF-HOUR
I WOULD NEED THAT
CIGARETTE.
THAT, I DON’T MISS.”**

Chris, Former Smoker
North Providence, RI

**“DON’T GIVE
TOBACCO COMPANIES
YOUR TIME, YOUR MONEY,
YOUR LIFE.”**

Carol, Cancer Survivor
Westerly, RI

Mall Advertising

**“THE
OXYGEN TANK
COMES WITH ME
NO MATTER WHERE I GO.
IT'S NOT FUN.”**

Theresa, Former Smoker
Cranston, RI

HARD, YES. IMPOSSIBLE, NO.

1-800-QUIT-NOW



www.quitnowri.com

**“QUE SE METAN
EN EL PROGRAMA,
EL CIGARILLO
NO SIRVE PARA
NADA.”**

Minerva, Ex Fumadora
Providence, RI

DIFÍCIL, SÍ. IMPOSIBLE, NO.

1-800-QUIT-NOW



www.quitnowri.com