



ADOPT A Tobacco User

I will do all that is within my power to help you fight the tobacco cravings during these hard times. On my honor and as my part of the bargain, I promise to do the following to help accomplish our goal:

- Praise you for having the willpower to give up nicotine for a day and possibly for life.
- Reassure you that there are still only 24 hours in a day.
- Help you remember your commitment to avoid tobacco products.
- Not allow you to cave in to your cravings no matter what you attempt to bribe me with.

On (Date) _____ the former tobacco user will take these steps to get through the day:

- Get rid of all tobacco related products (Smokeless tobacco products, cigarettes, lighters, ashtrays, etc.)
- Tell your friends and family you are tobacco free and need all the positive support they can offer.
- Call your friend when you feel you can't resist the desire to use.

We will be here for our friend and stay positive during this difficult battle with tobacco.

Signed: _____ Date: _____
Signed: _____ Date: _____
Signed: _____ Date: _____
Signed: _____ Date: _____
Signed: _____ Date: _____

I promise to my friends that adopted me and to myself not to let tobacco run my life anymore:

Signed: _____ Date: _____