MOTIVATIONAL MESSAGES FOR THR

Real Voices from Real People

Thinking about making a change with tobacco? We've been there!
The advice and messages below are all direct quotes from people like you during various stages of their journey with tobacco and nicotine.

"EXPLORE YOUR OPTIONS...

...A lot of people get discouraged after the first failure, but **maybe you just need to try something different.**"

"I **tried a vape** to use in situations where I couldn't smoke, and liked it so much that I eventually quit smoking."





FOCUS ON WHAT "SUCCESS" MEANS TO YOU

"I shifted my thinking from trying to stop something 'bad' to **becoming curious** about what I was looking for in my own health and wellness."

TAKE YOUR TIME

"This is a journey. If you can, have a **gradual process** of bringing down your use.



It will help make your withdrawal less severe so you can **continue with your daily activities and be among your community**."



BE KIND WITH YOURSELF

"A lot of the time, if you relapse or smoke again, people say 'you lose your time.' But **you never lose your time**. You never lose the knowledge you gained during that time. You can always start again and keep trying."

FOR MORE RESOURCES, VISIT HARMREDUCTION.ORG

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