

The Three-Legged Stool

A successful Quit Plan is like a three-legged stool: one leg is SUPPORT, one leg is MEDICATION and one leg is COPING SKILLS. To work well, the stool must be stable and capable of holding you. That is best accomplished by building a plan with all three legs.

Tobacco-Free



Support • Coping Skills • Medication

Quit Plan		
<u>Support</u>	<u>Medication</u>	<u>Coping Skills</u>
Friend/Family Member Pastor/Rabbi/Counselor Maine Tobacco HelpLine Group Support Other _____	Nicotine Replacement Chantix Zyban	Hobbies & Interests Relaxation Strategies from past attempts Strategies learned from Group Other ideas _____