

 **Dialogue**  
**15/12/2005**

Smoking is a personal choice that should not be imposed on others. Today, however, the virulence of anti-smoking measures has often led smokers to feel rejected and has created a potential source of conflict.

Do not accuse smokers: find the right words to talk about your own health concerns rather than how dangerous tobacco is for the smoker.

Smokers should not feel animosity from non-smokers. Quite the contrary: sympathy and understanding are of far greater value.

Remember how hard it is for a smoker to make the decision to quit; physical and mental addictions are strong and quitting is a way of changing one's life. Not an easy step.

If smokers feels they are being listened to, understood, and supported, their respect for non smokers may increase and their desire to quit as well.

**Knowing how to listen, finding the right words and refraining from blaming can help reduce passive smoking.**

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