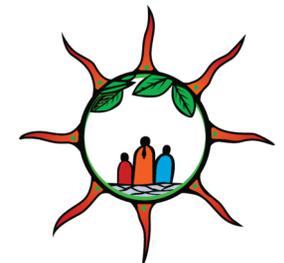


Smoking and Relationships

HEALTHY MOM - HEALTHY BABY - HEALTHY FAMILY



Northern Tobacco Strategy

There are 3 TRIPs Categories. Examples of each are given below. Which one fits you and your partner?

A: Detached Category

Describes partners who treat smoking as an individual choice and usually smoke separately from each other.

Brenda rarely speaks to Leonard about smoking. Both feel smoking is no one else's business, so there is no reason for them to talk about it. They both smoke as a break from work, with co-workers or when they are hanging with friends. Brenda has her favourite brand and she buys her own smokes.

B: Problem Category

Describes partners whose smoking creates tension in their relationship.

Jody's partner Mitch doesn't smoke and constantly complains about her smoking. She doesn't like it when Mitch tells her that she 'stinks'. Sometime he refuses to kiss her until after she brushes her teeth. She feels his behaviour is insulting. Whenever possible, she does her smoking with her own friends, away from Mitch, so she can smoke in peace.

C: Friendly Category

Describes partners who are ok with smoking and find ways to help you have chances to smoke.

Even though Henry doesn't smoke, he accepts that Sandra enjoys smoking and that it helps her relax. He doesn't mind stopping at the convenience store to grab a pack for the road trip. Smoking is her chance to unwind, relieve stress and be social. Sandra's favourite cigarette is first thing in the morning.

Knowing your TRIPs gives you tools and ways of talking about smoking.

- You can talk about what is happening.
- You can talk about how different habits and household routines influence your smoking.
- You can talk about the kind of support you would like to reduce or stop smoking.

Reference- Bottorff, JL, Carey, J, Poole, N., Greaves, L & Urquhart, C. (2008). Couples and smoking: What you need to know when you are pregnant. Available from: www.facet.ubc and www.hcip-bc.org. Jointly published by the BC Centre of Excellence for Women's Health, the Institute for Healthy Living and Chronic Disease Prevention, University of BC Okanagan, and NEXUS, University of BC Vancouver



Northern Healthy Communities Partnership
www.nhccp.ca

What are the Tobacco Related Interaction Patterns (TRIPs) Categories?

TRIPs are the habits and routines that couples have that include smoking. TRIPs are created over time and are different for every couple. This happens whether both partners smoke or just one of them does.

Knowing your TRIPs Category

Knowing your TRIPs in your relationship is important because it::

- Helps you think about how your day-to-day activities as a woman and as partners influence your smoking.
- Helps you understand how you and your partner interact about smoking.
- Helps you understand how other people influence your smoking.
- Helps you think about what you need to do to change your smoking.



Ever notice how sometimes what you do or the way you think is impacted by others?

The decisions we make about our health are no different - they are also influenced by other people in our lives.

When women become pregnant, many reconsider their health behaviours and try to make changes. Some women think about reducing or stopping their smoking. Before you start to change your smoking, it's important to understand how smoking is influenced by routines and habits with others in your household.

The following quiz will help you figure out which TRIP Category you and your partner fall into.

1. **Which of the following best describes you and your partner's general way of handling smoking?**
 - a) We usually treat smoking as an individual choice and feel no need to talk about smoking.
 - b) For us, smoking is a on-going source of tension and sometimes disagreements.
 - c) We usually talk openly about smoking issues and easily come to agreements about smoking.
 - d) Other
2. **Which of the following best describes the pattern you and your partner have for obtaining cigarettes in your household?**
 - a) We generally expect anyone who smokes to buy and smoke their own cigarettes.
 - b) Buying cigarettes is only done by one of us and almost secretly because it starts arguments.
 - c) Regardless of whether or not we both smoke, we usually take turns buying cigarettes for each other.
 - d) Other
3. **Which of the following best describes how, after an attempt to quit, you and your partner handle slips and return to smoking?**
 - a) It's not a problem because smoking is seen as each person's choice or right.
 - b) It's a problem that is an on-going challenge in our relationship.
 - c) It's a minor problem that is easily addressed because each person moderates his/her position on smoking to preserve the relationship.
 - d) Other

If you checked mostly "A"s, then you and your partner are in the Detached TRIP category. If you checked mostly "B"s, then you and your partner tend to have a be in the Problem TRIP category. If you checked mostly "C"s, then you and your partner tend to be in the Friendly TRIP category. If you had a mix of answers, then you might be a couple who deal with tobacco in different ways at different times. Pregnancy is a time when the way you and your partner deal with smoking might change. Talk to your health care providers for help.