

Tips From Former Smokers Tips 2018/TV Cut Downs

Christine/"I Have to Quit" 1:05

The vignette opens on the title "I Have to Quit. A Former Smoker's Story," and cuts to a shot of Christine getting ready in her bedroom.

ART CARD: I HAVE TO QUIT. A Former Smoker's Story. OPEN ON A PICTURE OF CHRISTINE IN HER BEDROOM GETTING READY.

She puts on her necklace and fixes her hair.

CHRISTINE: I wanted to quit. In the back of my mind, I told myself, 'I have to quit.' And just that day, when I reached for that cigarette—I'll never forget it—with my son looking at me.

The vignette then cuts to Christine looking at into the camera.

CHRISTINE: And it was like a bolt of lightning hit me, where I finally realized the big picture of what year after year and cigarette after cigarette had done. And I said, that's it. I'm done. I quit. Took them. A whole pack. Brand new pack. Took them and threw them out the window. And I don't litter. But I—was—that's it—I'm done. I quit. I know what's going to kill me. It's going to be cancer. But I don't have to make it sooner than it needs to be. He, he was shocked, and he says, "I really hope you mean that, mom."

ART CARD:

CDC Logo Brought to you by the U.S. Department of Health and Human Services