

BROTHERHOOD

1. The quality or state of being brothers.
2. Fellowship, alliance.
3. An association for a particular purpose.
4. The whole body of persons engaged in a business or profession.

ACCOUNTABILITY

1. The quality or state of being accountable; *especially*: an obligation or willingness to accept responsibility or to account for one's actions.

SUCCESS

1. Degree or measure of succeeding
2. Favorable or desired outcome; *also* : the attainment of wealth, favor, or eminence.
3. One that succeeds

KILLTHECAN.ORG FACTS

- Helping people quit nicotine with an emphasis on smokeless since 2006
- Founded by 7 ex-dippers who know what it's like to quit.
- Over 31,000 forum members who have made over 5.5 million posts.
- Active moderation team – all former users
- KillTheCan.org is a FREE resource!

WHEN YOU ARE READY TO QUIT:



CONTACT US:

Web: www.killthecan.org
Forum: forum.killthecan.org
Chat: chat.killthecan.org



KillTheCan.org



@KillTheCanorg



killthecan

KILLTHECAN.ORG

WWW.KILLTHECAN.ORG

**BROTHERHOOD +
ACCOUNTABILITY =
SUCCESS**



**YOUR RESOURCE TO
QUIT DIP, SNUFF &
CHEWING TOBACCO**

WHAT IS KTC?

KillTheCan.org (KTC) is a nicotine cessation program centered around our Internet Forum. KillTheCan.org also offers a full feature live chat to allow instant, personal support for quitters. Our target audience is 18+ smokeless quitters.

HOW DOES IT WORK?

1. Roll Call
2. Quit Groups
3. Hall of Fame (HOF)
4. 100 Days and Counting

WHAT IS ROLL CALL?

Roll Call is the most important thing you will do on KillTheCan.org. That one simple act will be what makes this quit different than any other attempt to quit. Roll Call, quite simply, is a daily promise to your quit group that you will be **nicotine free for the day**.

We require a simple “one day at a time” philosophy. Make roll call, concentrate on today and today only. We’ll work through the troubles of today with you. We’ll worry about tomorrow when it gets here.

Roll Call will build **accountability** with your quit group. You know that the man next to you in line is going through or has dealt with the exact same things you are. Lean on the knowledge of those who have walked that road. Develop relationships with them and especially the guys in your quit group.

WHAT IS A QUIT GROUP?

Your quit group is determined by the month in which you will post Day 100 and enter the Hall of Fame (HOF). The people in your quit group will walk the 100 day path to the HOF with you... one day at a time. Your quit group will be the very foundation of brotherhood and accountability that will lead to success.

Daily roll call in your quit group is the only price of admission

WHAT IS THE HALL OF FAME (HOF)?

As you approach your 100th day of being quit, it is important that you seriously consider putting finger to keyboard and create your Hall of Fame speech!

What is a Hall of Fame speech you ask? It is different for every person. Some take the opportunity to recap their journey, from being a slave to nicotine to being free. Others thank the people who have been instrumental in helping them successfully beat their addiction, friends, families, our quit groups, etc.. Still, others incorporate it all into one.

There is no set format, no rules to follow, no mold to fill. This is your chance to express your feelings and mark your 100th day of being free from smokeless tobacco! It truly is a great milestone and you deserve to commemorate it. HOF speeches are preserved for all quitters to read and draw inspiration. We look forward to reading your speech.

100 DAYS AND COUNTING?

As you read through the different quit groups and forums, you will notice a very common thread...many of the members here are well past that seemingly magic 100 days, or HOF membership. Why do so many of them continue to post on the forums daily?

First, and foremost, each one of us continues every day to fight our addictions. We all recognize that we are just winning daily battles, but the war remains to be fought every single day.

Secondly, we feel we owe this community and the veterans who came before us. The guys and gals who walked with us while we were fighting the craves, when our addiction was trying to convince us we could not make it through the day without a dip. It's our time to be here to pass on the tradition of support and help take control of your life.

Finally, we are here because of the friendships and bonds that walking down this trying road together builds. It's about **brotherhood**.

“Quitting is not a spectator sport. Participation is required.”

“You don’t change unless it is more painful to stay the same.”

“The best time to quit nicotine was 20 years ago. The second best time is now.”

“If your quit date is “tomorrow,” it always will be.”

“The only thing nicotine does for you is relieves the symptoms of quitting. It fixes nothing.”