



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 smokeless since 2006
- Founded by 7 ex-dippers who know what it's like to quit.
- Currently over 9,000 members

"Dipping is suicide on the installment plan"

**WHEN YOU ARE
READY TO QUIT:**



CONTACT US:

Web: <http://www.killthecan.org/>
Forum: <http://forum.killthecan.org/>
Chat: <http://chat.killthecan.org/>
Blog: <http://blog.killthecan.org/>



Facebook:

<http://www.facebook.com/KillTheCan.org/>



Twitter:

<http://www.twitter.com/killthecanorg/>

KILLTHECAN.ORG

WWW.KILLTHECAN.ORG



**A FREE RESOURCE FOR
SMOKELESS TOBACCO
CESSATION**

**QUITTING IS OUR
BUSINESS...
BUSINESS IS GOOD.**



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. KTC's 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?

Our site is divided into Quit Groups. 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 that 100 Day path to the HOF with you...one day at a time.

Daily Roll Call in your Quit Group for a minimum commitment of 100 days is the 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.

"The only thing nicotine use does is relieve withdrawal symptoms that come from not using. That's it."

100 DAYS AND COUNTING?

As you read through the different Quit Groups and forums on KillTheCan.org, 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 KillTheCan.org 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 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**.

"When you feel that you are "done" with this process, your quit is at its weakest.

When the HOF is the ultimate goal, you are destined to fail.

This is why we post roll every day. The only finish line is when I fall asleep every night. The race starts fresh the next morning with my morning Roll Call. I'll only be beat when I think I can't be beat.

You think the vets are here just to support you newbies?"