

3 MAJOR COMPONENTS OF SMOKING

HABIT – BEHAVIORS -- TRIGGERS

- 1 Smoking is a hand-to-mouth ritual that is repeated by a regular smoker hundreds of times a day.
- 2 Years of smoking can make smoking cigarettes a very difficult habit to break, especially if the smoker started as a child or young teenager.
- 3 Familiar times, places and situations keep reinforcing the desire to smoke.
- 4 Visual imagery associated with cigarettes is constant. – advertisements, people smoking on the street, cigarettes on sale at the store.

STRESS -- EMOTIONS

- 5 Smoking becomes the primary way that many smokers deal with life stress and emotional crisis.
- 6 The association of smoking with immediate stress release creates a strong psychological dependence.
- 7 A cigarette becomes a dependable friend, a security blanket of sorts that is perfectly acceptable as adult behavior.

ADDICTION

- 8 Nicotine depletion causes physical withdrawal symptoms.
- 9 Keeping a steady flow of nicotine helps mental maintain sharpness and focus.
- 10 For a person who has is/has been addicted to other substances, continued nicotine use can seem like a necessary evil.