

I like the taste

Manufacturers of cigarettes add sweet ingredients such as chocolate, vanilla and honey to disguise the bitter taste of tobacco. This also allows them to pack in more nicotine, thus keeping you addicted. It's not really the taste you enjoy. If you really think about it, you'll realise your brain has been paying a trick on you.

Helps you cope with stress

No! It causes stress! You're experiencing relief from the withdrawal symptoms caused by the last cigarette you smoked. It's a vicious circle: The cigarette you're having now to make you feel better will leave you feeling stressed again within an hour.

It's my reward

Reward? Would you reward someone you love with poisons which cause disease and death? Why would you do that to yourself?

It stops me putting on weight

Well, it's true that the adrenaline flight or fight response to stress produced by smoking speeds up your metabolism, but did you know that smokers tend to build up fat on their stomachs which is associated with a higher incidence of heart attacks (quite apart from the additional risk from smoking itself.) You'll probably be suffering from vitamin/mineral deficiencies (i.e. malnutrition) as smoking prevents absorption in your stomach and intestines. On giving up smoking, you do not automatically gain weight. If you see giving up as depriving yourself you'll probably try to compensate with something else, may be food. People who do this see an average weight gain of 5-7 pounds only and while this isn't ideal, once the smoking habit has been dealt with, it's relatively easier to deal with the few pounds now that you're that much healthier and can enjoy walking or sports. If however, you see giving up as a positive, healthy option, you'll not see it as deprivation and you're a lot less likely to have any weight issues.

It helps to relax me

How can you be relaxed when you're dependent on drugs to make you feel normal? When you're very often prevented from smoking in the work environment, social events, in fact in most public places these days, how does it feel to be preoccupied with planning where and when you can have your next fix? Bet you don't feel relaxed at all.

I have to smoke when I'm drinking

A cigarette appears less irritating and therefore more enjoyable with a drink because alcohol anaesthetises the throat. Also, while cigarettes are stimulating to the nervous system, alcohol has the opposite effect so you're constantly bouncing back and forth trying to find a comfortable level. This will no doubt mean that you've drunk more and smoked more under these circumstances than at any other time. Your raging sore throat the next day speaks volumes.

I'm addicted to the nicotine. What can you do?

Find out about hypnosis. There are many different ways of kicking the habit. Find one that's right for you and don't stop trying to stop. There is no need to be a victim. If you choose to stop, you'll find a way, just like all the other people who have quit before you. You'll feel in charge of your life again and ready to tackle anything.

It helps get you over painful relationships

Self destruct? Trying to find a way of anaesthetising the pain and avoiding the real issue while giving yourself massive health problems at the same time? Get professional help. Get to the bottom of your problem and don't look back.

I'd be bored if I didn't smoke

Oh please! A three-minute relationship with a burning cigarette isn't going to keep you entertained for long, is it! Make a list of things you'd like to do in your job, home, relationships, hobbies etc and find a way of making your life more interesting and fulfilling.

It helps me concentrate

Yep! That's a good one! Smoking doesn't improve concentration. It's the smoking that gives you the fluctuation in concentration levels. The cigarette you're smoking now, that makes you feel normal again will leave you feeling distracted once more in an hour's time. Non-smokers have a much more consistent level of concentration and are therefore able to achieve more consistent results.

I wouldn't know what to do with my hands if I didn't light up

Find something else to do with your hands. Something that doesn't kill you!

It makes me look sophisticated

Since when did yellow fingers, brown teeth, grey and wrinkled skin and red and screwed up eyes look sophisticated? Non-smokers look at smokers and feel sorry for them. They don't see sophistication. They see a victim.

Food, the air, everything's got bad chemicals in them these days. Smoking can't be much worse.

Sounds like you might be suffering from low self-esteem or even depression to be feeling that you have no say in what enters your body. It's the cigarettes causing the imbalance in your dopamine mechanism causing you to feel this way. Don't let it get any worse. Take control.

I tried giving up but couldn't cope with the withdrawal symptoms

What if you didn't have to? Many, many people using our programme, don't. So get the information you need about different ways, because there's a successful quitting strategy for everyone, and perhaps yours will be hypnosis. To quit smoking the easy, drug-free and alternative way, give yourself the best chance with our quit smoking programme.

[Back](#)

www.soundpositive.com