

I Want to Quit Smoking

All I needed was to have the right info in my hands when I quit smoking. Each and every time I mustered up enough mental energy, I would attempt it again. It was a learning adventure each time I failed in my attempts to quit but, I learned what not to do the next time. If you fail in quitting smoking, you can at least slow down on the cigarettes you are having. When you stop smoking it will be one of the best things you can do for yourself hands down. Call your health insurance company and ask for some help, they will help, LOL. Know what you are going to do when you get that craving for a smoke. It is not that hard to stop smoking once you put your mind to it.

The last time I had quit smoking, I signed up with one of those stop smoking support groups. The reason I did that is it was just killing me to quit over and over again, pure torture it was... It was going to be the last time for me. Daily and personalized support can go a long way. It can be one hell of a psychological ride, not counting the physical cravings. Having a stop smoking support group and a checklist help with tips and advice to head off what you will be facing. There is nothing innovative about this, we all go thur the same withdraws. I was just so afraid to fail again, stress and more stress. Your mind will play tricks on you, coming up with reasons to smoke. Learn a few ways to talk yourself out of having that smoke.

Knowledge is key in helping equipped your self with how it will affect you. Change your habits and behavior, stay away from the smokers, they will be triggers for you to smoke. Repeat after me "Tobacco is a drug of dependence" treat it as such. Do not put oneself in the situation of being around smokers, it will make you crack and ask for a cigarette.

A fantasy to me was to quit cold turkey and a fantasy indeed smoking two packs a day. To quit cold turkey to some is one of the best known methods to quit smoking and the oldest one also. Cold turkey means to quit smoking without any planning or forethought or plan without any stop smoking aids.

As difficult as it would be to try to quit smoking I would also use products to help with my withdraw symptoms to help with the smoking cravings. The use of a nicotine patch or nicotine gum is known to helping people be less likely to start smoking again. If you should mess up by having a few cigarettes do not despair, just start over. Let's not dwell on meshing up and quitting your no smoking efforts.

Work your self up to the date that you're going to stop smoking. It will be unpleasant at first but, so what. People you know can give you support when you start. Many smokers fail a few times first.

Nicotine is in a lot of the smoking aid on the market, more are coming on the market that does not contain nicotine. Doctor have a vast array of drugs that can be used in a quitting smoking program. Some them are bupropion, chantix and fluoxetine which is not in the scope of this article to discuss. Doctor will know what is best for you.

When your body is kicking the nicotine it will give quit smoking side effects "withdraw symptoms" like a mild cold or irritability and fatigue. These symptoms will be the strongest in the first 48 hours and in the first week and ease up in the second week. Remember it is temporary and will go away. If you understand this it will be easy to know what going on in your body and when it will go away.

After not smoking for a year, the money spent at two packs a day would be about \$2600.00 us dollar, incentive to quit smoking? No having to go outside in the winter to smoke. Not caring about new taxes on cigarettes in the news, incentive? Not listening to new anti-smoking laws, incentive? Here are some questions for you to help you to think and to remember when you first start to quit smoking.

About the Author

Shawn Parks who I am. Quit smoking is easy to do because knowing about the [quit smoking side effects](#) helped. Unlike my best friends article you just read. Poor Guy visit <http://www.waystoquitsmokingandsideeffects.com> to quit smoking.

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