



Journal:

Smoking Cessation

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Smoking Cessation

(video: 12 minutes)

Someone wants you to stop smoking (maybe you)...

Smoking is the #1 killer.

Why are we not shocked by that reality?

We might disregard problems if we don't think we can do anything about them.

We might minimize the effects of smoking because:

It is "legal"

Not everyone dies of cancer

Consequences are not immediate

The "high"/"rush" is gone – you are simply trapped in withdrawal symptoms

People frequently fail in their attempts

Why stop?

It is so toxic it should be illegal

Lung problems and future suffocation

Beat the trapped and addicted feeling

Age-based or other motivations?

Can you say that you might have a problem with nicotine?

Nicotine dependence is a powerful addiction-and needs the regard and treatment as such.

Encourage smoking cessation along with other addictions treatment

More resources:

American Lung Association: www.LungUSA.org

1-800-QuitNow