

Smoking Is Not Rewarding Yourself

Smoking plays a number of roles in people's lives, with no two smokers or habits being exactly alike. However, numerous psychological and behavioral similarities often characterize the use of cigarettes in our daily routines. If smoking has become a way of rewarding yourself, it may be time to rethink your system. When a smoke seems like a necessity upon completion of a difficult task or project, at the end of a hard day, or in order to enjoy virtually any activity, a little cognitive restructuring may be in order.

People continue to smoke because it feels good. In order to overcome a smoking habit, therefore, it is essential that you first believe it is possible to find other ways of feeling good, and then pursue these wholeheartedly. If you can, stop looking at cigarettes as a reward and instead think about all the problems they cause in your life. Examine all the little ways they impact you and your family, such as the smell, the smoke damage, the interruption of social occasions, in addition to the major health challenges: make a list. Changing your thinking can have a significant impact on helping you change your behavior.

Now, consider all the ways you can reward yourself and your family instead of smoking. With the money you save, you can plan all kinds of treats. As for finding ways to increase your enjoyment of your day, relax or manage your stress levels, consider:

- healthy snacks
- fresh air and exercise
- listening to good music
- meditation
- buy a dog or spend more time with the one you have
- start a new hobby
- learn a new skill
- spend time with loved ones
- read a good book
- do something kind for someone else
- smell the flowers
- take up photography

Maybe it will take a little effort at first, or seem boring, but good health will offer numerous rewards in itself, and help you enjoy life more than you might imagine. You will experience increased energy and stamina, develop fewer wrinkles, be a positive role model, and regain your freedom. To help you get there, there are many products and programs to ease you through the process and improve your chance of success. Be very clear about your goals and reasons for quitting, as well as your strategies for dealing with temptation as it arises. Find ways to remind yourself of these daily, and reward yourself frequently using some of the ideas discussed above. Look forward to a longer, healthier future, and be determined to live it well for yourself and your loved ones - the possibilities are up to you.

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About the Author

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