

Maintaining Appearances

If nothing else, smoking gives you the appearance of doing something even when you are not. Sitting in a chair, standing outside a building, or mingling with strangers, if you are smoking, you will give the impression of being occupied and purposeful. Imagine if the opposite were true. What if, just by looking at you smoking, people could tell you were trying to hide something, like an insecurity, anxiety, or discomfort? What if you became aware of this yourself?

People smoke for many different reasons, and quitting successfully requires examining these reasons, in addition to your purpose and plan for stopping. Psychological, emotional, and behavioral factors contribute to your ongoing habit and will have to be addressed if you are to avoid falling back into what has become your comfort zone.

It may seem easier to keep smoking than to risk failure in front of loved ones, as well as in your own eyes. Therefore, it is going to be necessary for you to become very clear with yourself on just how important this is, how good it is going to feel, what wonderful things you are going to do with your life instead of smoke, and how you are going to cope with the temptation when it arises.

In addition to asking for the support of friends and family, try posting reminders and motivational signs everywhere you might normally smoke, or think about smoking. And look for healthy replacements to keep your hands and mouth busy. Quitting is going to take a lot of adjusting, but there are many tips, tricks and resources that can help you along the way. Chewing gum, getting more exercise, drinking more water, snacking on sunflower seeds - all are healthy alternatives that don't even have to look "uncool."

Look for additional ideas online at smoking cessation organizations, or browse testimonials by people who have been there. There is support available, and many products to choose from in helping overcome your nicotine addiction. Investigate the different methods for quitting and create a plan that suits your lifestyle for your best chance of success.

In terms of maintaining appearances, who would you rather see in the mirror a few years down the road? Someone who looks and feels older than their years, or someone who took control of their life, made some healthy decisions and stuck to their commitment of living life fully and responsibly, both for themselves and their loved ones? The decision begins with you, and no one can make it for you. However, you will find plenty of support along the way, so don't feel like you have to do it alone. Stopping smoking is a process, but one that is well worth the effort - the rewards will be plain to see.

Source: <http://www.articlecircle.com>

About the Author

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