

## The Battle to Stop Smoking Begins With You

Summoning the will power to quit smoking is one of the most challenging tasks that many adults will face. Cigarettes are easily accessible and socially accepted, and that it can be hard to stay away from them. With other forms of chemical dependency addicts must remove themselves completely from the culture that supports their habit. When you can buy your drug of choice at the local supermarket though, this becomes a much greater challenge. Though there are stories of folks who were able to simply walk away, the more common tale is one of struggle and repeated failure.

Perhaps the most important thing that you can do if you have decided that you [want to stop smoking](#) is to enlist the help of a friend or family member to hold you accountable. Having someone there to provide encouragement along the way will be more valuable than any stop smoking product that you can buy. It is important to remember that smoking can be just as much an emotional addiction as it is physical. While different sides of the medical community try to argue either side, it is probably safe to conclude that both factors come into play. That is why you need to ensure that you'll have great support around you to compliment the consumer products that you have chosen to help you quit smoking.

There are, of course, a number of consumer products on the market to help you stop smoking. Everything from chewing gum, arm patches, and hypnotic sessions claim to have the ability to curb your cravings for the next cigarette. Some smokers have found these products to be helpful in varying degrees, but it is important to remember that they are only tools. The ultimate decision to quit must still come from inside of you.

For many smokers, the will power to quit smoking is driven more by a concern for other people in their lives than by concern for themselves. New parents decide that they don't want their kids to grow up exposed to second hand smoke and grandparents decide that they want their grandkids to know them on into adulthood. These family ties are strong motivators and have been the key to success for many adults who have quit smoking.

If you do decide, preferably with the help of your doctor, to use one of the commercial products available to [help you stop smoking](#), you should do plenty of research ahead of time so that you know what to expect. Familiarize yourself with the dosages, as some decrease gradually over time and others stay constant. You should also make it a point to be ready for any side effects that may occur.

In the battle to quit smoking, the responsibility ultimately land on you. While you can utilize the best products available and surround yourself with a strong network of support, none of that will help if you haven't made a commitment to yourself to stop smoking. Take the first step. Decide that you won't be a slave to addiction and that you will do what ever it takes to improve the quality of your life, and in turn, the quality of life for your loved ones.

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

### About the Author

Sig Kabai devotes most of his time researching to [help smokers](#) with information and resources on various quit smoking products and programs that are available today. For more information visit the website at <http://endthehabitnow.com>