

Nicotine Addiction

Two characteristics of an addiction are compulsive use of a substance and continued use despite adverse consequences.

The adverse consequences of smoking tend to be fatal.

The questions below will help you determine whether or not your smoking habit is compulsive.

- ◇ Do you smoke every day?
- ◇ Do you smoke because of shyness or to build self-confidence?
- ◇ Do you smoke to escape from boredom and worries while under pressure?
- ◇ Have you ever burned a hole in your clothes, carpet, furniture or car?
- ◇ Have you ever had to go to the store late at night or at another inconvenient time because you were out of cigarettes?
- ◇ Do you feel defensive or angry when people tell you that your cigarette smoke is bothering them?
- ◇ Has a doctor or dentist suggested that you stop smoking?
- ◇ Have you promised someone that you would stop smoking, then broken your promise?
- ◇ Have you felt physical or emotional discomfort when trying to quit?
- ◇ Have you successfully stopped smoking for a period of time only to start again?
- ◇ Do you buy extra supplies of tobacco to make sure you won't run out?
- ◇ Do you choose only activity and entertainment that allow you to smoke during them?
- ◇ Do you inwardly despise or feel ashamed of yourself because of your smoking?
- ◇ Do you ever find yourself lighting up without consciously deciding to have another cigarette?
- ◇ Has your smoking caused trouble at home or in a

relationship?

- ◇ Do you ever tell yourself that you can stop smoking whenever you want to?
- ◇ Have you ever felt that your life would be better if you didn't smoke?
- ◇ Do you continue to smoke even though you are aware of the health hazards posed by smoking?

(adapted from Nicotine Anonymous)

AFTER YOU HAVE ANSWERED THESE QUESTIONS...

- ⇒ If you answered yes to one or two of these questions, there is a chance that you are addicted to smoking.
- ⇒ If you answered yes to three or more, you are probably already addicted to nicotine.

Celebrate Recovery offers a path to freedom from this addiction that is based on our Higher Power, Jesus Christ.

This is a recovery program centered on Him and a group of believers who support each other in our desire to kick the habit—"one day at a time."